

How Poor Sleep Impacts Cognitive Function



Short-Term

Effects of sleep deprivation can appear in the form of:



Difficulty concentrating



Decline in mood



Impaired memory



Visible signs of fatigue

Vs.

Long-Term

Sleep deprivation or fragmented sleep over long periods of time can result in:



Poor work performance



Cognitive decline



Heightened risk of dementia

Sleep And Cognition

Richard R. Bootzin, John F. Kihlstrom



Sleep And Cognition:

Human Sleep and Cognition, 2010-11-26 Human Sleep and Cognition *Sleep and cognition in the elderly* Géraldine Rauchs, Julie Carrier, Philippe Peigneux, 2015-05-26 Understanding the role of sleep and the mechanisms at play in ageing are among the most exciting challenges in neuroscience. Although our understanding of the mechanisms governing sleep stages and their role in cognitive processes including memory functions is gradually increasing, most of the currently available data have been gathered in young adults. Still, substantial physiological changes in sleep are observed with increasing age that may markedly impact on daily functioning. This is why this Research Topic focuses on our current understanding of the impact of age-related changes in sleep architecture on various domains of cognition. The three editors: Julie Carrier (Montréal, Canada), Philippe Peigneux (Brussels, Belgium), and Géraldine Rauchs (Caen, France) are specialized in various fields of sleep research. Here they bring together an outstanding group of neuroscientists and clinical investigators engaged in the study of sleep, encompassing state-of-the-art studies of sleep disorders such as sleep apnoea or REM sleep behaviour disorder, studies assessing new treatments to improve sleep quality together with experts in various domains of cognition such as vigilance, memory, and dreams, in a perspective aimed at offering the interested reader a comprehensive view of the impact of age-related changes in sleep architecture on cognition.

Human Sleep and Cognition, Part II, 2011-05-16 There is a critical bidirectional relationship between sleep and cognition, yet the literature in this area is scattered and it is surprisingly difficult to find a comprehensive overview of the basic principles, latest discoveries, and outstanding challenges. This issue of *Progress in Brain Research* is split over 2 volumes bringing together cutting-edge research on the topic in the basic clinical and applied sciences. The 2 volumes review current knowledge and understanding, provide a starting point for researchers and practitioners entering the field, and build a platform for further research and discovery. Leading authors review the state of the art in their field of investigation and provide their views and perspectives for future research. Chapters are extensively referenced to provide readers with a comprehensive list of resources on the topics covered. All chapters include comprehensive background information and are written in a clear form that is also accessible to the non-specialist.

Sleep Deprivation and Cognition, 2019-05-06 *Sleep Deprivation and Cognition* Volume 247, the latest release in the *Progress in Brain Research* series, covers the effects of sleep deprivation with this new release featuring sections on the Impact of sleep deprivation on long-term memory, Adolescent sleep restriction effects on cognition and mood, Self-regulation and social behavior during sleep deprivation, Experiential decision making and the effects of sleep loss, Sleep deprivation and dynamic attentional control, a Pharmacogenetic approach to understanding sleep deprivation and cognition, Neuroimaging of functional connectivity in the sleep-deprived brain: what does it tell us and more. Brings together scientists working in the area of sleep deprivation with scientists involved in research and theory in cognitive neuroscience. Fosters theory-driven research on sleep loss and cognition while also advancing a general understanding of cognitive neuroscience. Provides a

foundation for the design of countermeasures to prevent human errors and accidents caused by sleep loss Sleep and Cognition Richard R. Bootzin, John F. Kihlstrom, 1990-01-01 Despite impressive advances in understanding sleep as a biological phenomenon and in understanding the nature of mental processes in the normal waking state our knowledge of mental life during sleep remains extremely impoverished The common identification of cognition with consciousness leaves the impression that little or no mental activity occurs during sleep The present volume represents the Proceedings of the Arizona Conference on Sleep and Cognition held in Tucson January 19 22 1989 A principal concern of the conference was the implications of recent work on implicit memory and other aspects of information processing outside of awareness for studies of cognitive processes during sleep and the role of the sleep laboratory as a vehicle for studying various aspects of information processing outside of awareness in the absence of the active deployment of attention To this end selected investigators in the area of sleep who have an interest in cognitive processes were brought together with their counterparts in the area of cognition who have an interest in sleep We hope that one outcome of this meeting and publication of the Proceedings will be a new agenda for research on sleep that will carry investigators of both camps well into the 21st century

Sleep and Cognition in the Elderly, 2015 Cognition During Sleep: Hyperassociativity, Associativity and New Connections Caroline L. Horton, Sue Llewellyn, 2021-03-04 *Sleep, Neuronal Plasticity and Brain Function* Peter Meerlo, Ruth M. Benca, Ted Abel, 2015-05-18 This book reviews current knowledge on the importance of sleep for brain function from molecular mechanisms to behavioral output with special emphasis on the question of how sleep and sleep loss ultimately affect cognition and mood It provides an extensive overview of the latest insights in the role of sleep in regulating gene expression synaptic plasticity and neurogenesis and how that in turn is linked to learning and memory processes In addition readers will learn about the potential clinical implications of insufficient sleep and discover how chronically restricted or disrupted sleep may contribute to age related cognitive decline and the development of psychiatric disorders such as schizophrenia and depression The book consists of 19 chapters written by experts in basic sleep research and sleep medicine which together cover a wide range of topics on the importance of sleep and consequences of sleep disruption This book will be of interest to students researchers and clinicians with a general interest in brain function or a specific interest in sleep **Exercise and Its Mediating Effects on Cognition** Waneen Wyrick Spirduso, Leonard W. Poon, Wojtek J. Chodzko-Zajko, 2007 This title seeks to expand on reader's understanding by examining whether and how physical activity could indirectly affect cognitive function by influencing mediators that provide physical and mental resources for cognition

Sleep and Health Michael A. Grandner, 2019-04-17 Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual community and population levels as well as a discussion of the implications for public health public policy and interventions Based on a firm foundation in many areas of sleep health research this text further provides introductions to each sub area of the field and a summary of the current research for each

area This book serves as a resource for those interested in learning about the growing field of sleep health research including sections on social determinants cardiovascular disease cognitive functioning health behavior theory smoking and more Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities sleep and cardiometabolic disease risk real world effects of sleep deprivation and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often overlooked areas serving as a helpful guide to all relevant information on this broad topic area

Affective, Cognitive and Social Neuroscience: New Knowledge in Normal Aging, Minor and Major Neurocognitive Disorders Rosalba Morese,Sara Palermo,Antonella Carassa,2022-03-21

Human Sleep and Cognition Hans P. A. van Dongen,G. A. Kerkhof,2011 Commemorative Issue: 15 years of the Sleep Medicine Clinics Part 1: Sleep and Sleep Disorders, An Issue of Sleep Medicine Clinics, E-Book Teofilo Lee-Chiong,Ana C. Krieger,2022-06-07 In this issue guest editors bring their considerable expertise to this important topic Provides in depth reviews on the latest updates in the field providing actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews

Cognition ,1994 **Insights in Public Mental Health: 2022** Wulf Rössler,2024-02-20 *Physical Activity: a Promising Modifiable Behavior to Protect Brain, Cognition, and Mental Health Across the Lifespan* María Rodríguez-Ayllon,Yaira Barranco-Ruiz,Jose Mora-Gonzalez,Dario Bellón,2025-08-20 Physical activity a promising modifiable behavior to protect brain cognition and mental health across the lifespan Levels of physical activity are alarmingly low around the world This is an ominous trend as numerous studies support the importance of engaging in physical activity for improving and or maintaining a good health status across the lifespan An emerging field of research also highlights the positive effect of physical activity on brain health in particular for the promotion of cognitive functioning across the lifespan and the prevention of mental disorders in later life According to the World Health Organization WHO brain health can be defined as the state of brain functioning across cognitive sensory social emotional behavioral and motor domains allowing a person to realize their full potential over the life course irrespective of the presence or absence of disorders Therefore the concept of brain health includes not only measurements of biological markers of the brain e g structural brain morphology but also psychological ill being e g depressive symptoms and well being e g self esteem indicators perceptions of quality of life and cognitive function e g attention and memory

Association Between Sleep Quality and Aging Joel Ramirez,Kewei Chen,2024-03-11 With life expectancy on the rise the proportion of people aged 60 or older is projected to account for more than one fifth of the global population by 2050 Sleep quality is one of the most common health concerns that increases with age Changes in sleep patterns associated with old age include disturbed sleep onset an increase in sleep fragmentation more frequent daytime dysfunction and less slow wave sleep than younger adults Sleep is a complex physiological process critical to our health and survival the many functions of sleep range

from cerebral metabolic waste clearance and energy conservation to supporting cognitive performance and psychological well being Insufficient sleep has been linked to an increased risk of developing several chronic conditions including type 2 diabetes cardiovascular disease immunodeficiency chronic pain depression and neurodegenerative diseases such as dementia due to Alzheimer s disease What remains unclear is how variations in sleep quality are related to cognitive performance and how this relationship changes with age with several decades of research on the subject having produced mixed results Despite this much recent evidence indicates a strong relationship between disturbed sleep and accelerated cognitive decline in older adults For example several studies have found that a loss in sleep quality precedes the emergence of cognitive deficits and that sleep disturbances may therefore constitute an early marker of cognitive decline Sleep disturbances also become more extensive with the progression of neurodegenerative diseases which raises questions about the possibility of a bidirectional relationship

Psychology of Aging Erin L. Woodhead, Brian P. Yochim, 2024-10-16 This multidimensional text on the psychology of aging prepares future professionals with unparalleled depth fresh insights and comprehensive coverage Crafted to equip students across disciplines with a comprehensive understanding of the psychology of aging this text delves into the multidimensional facets of aging spanning psychological biological and social dimensions From neuroplasticity to health theories readers are primed for careers intersecting with the older adult demographic whether in research or healthcare With updated content reflecting recent events and research including the impact of COVID 19 and new chapters on the social context of aging this edition provides fresh perspectives and insights Written with the advanced level student in mind this textbook stands out notably with its targeted focus on older adults While others offer broad coverage across adult age ranges this book delves exclusively into the complexities of aging offering unparalleled depth and insight With extensive coverage of critical topics such as changes to the brain neuroimaging research methods neurocognitive disorders cultural nuances and legal and ethical considerations the text ensures a comprehensive understanding of aging psychology What truly distinguishes the book is the expertise behind it helmed by two editors deeply immersed in clinical practice teaching and research in aging and bolstered by diverse perspectives from over 20 contributors New to the Second Edition Learning objectives at the start of each chapter guide student understanding Updated case studies and content reflect recent research and events including the latest DSM and the impact of COVID 19 New chapters on the social context of aging models of aging the aging body and age related illnesses offer fresh perspectives and insights Key Features Explores current issues in aging psychology comprehensively from neuroimaging to intersectionality Designed for interdisciplinary use bridging the gap between theory and practice Stimulates critical thinking with discussion questions at the end of every chapter Enhanced instructor resources include an Instructor Manual Sample Syllabi chapter PowerPoints Test Bank and a Transition Guide from the first to second edition

Handbook of Developmental Cognitive Neuroscience, second edition Charles A. Nelson, Monica Luciana, 2008-07-11 The second edition of an essential resource to the evolving field of developmental

cognitive neuroscience completely revised with expanded emphasis on social neuroscience clinical disorders and imaging genomics The publication of the second edition of this handbook testifies to the rapid evolution of developmental cognitive neuroscience as a distinct field Brain imaging and recording technologies along with well defined behavioral tasks the essential methodological tools of cognitive neuroscience are now being used to study development Technological advances have yielded methods that can be safely used to study structure function relations and their development in children s brains These new techniques combined with more refined cognitive models account for the progress and heightened activity in developmental cognitive neuroscience research The Handbook covers basic aspects of neural development sensory and sensorimotor systems language cognition emotion and the implications of lifelong neural plasticity for brain and behavioral development The second edition reflects the dramatic expansion of the field in the seven years since the publication of the first edition This new Handbook has grown from forty one chapters to fifty four all original to this edition It places greater emphasis on affective and social neuroscience an offshoot of cognitive neuroscience that is now influencing the developmental literature The second edition also places a greater emphasis on clinical disorders primarily because such research is inherently translational in nature Finally the book s new discussions of recent breakthroughs in imaging genomics include one entire chapter devoted to the subject The intersection of brain behavior and genetics represents an exciting new area of inquiry and the second edition of this essential reference work will be a valuable resource for researchers interested in the development of brain behavior relations in the context of both typical and atypical development

A Brain-Friendly Life Marisa Menchola, 2024-10-23 Modern life is brain unfriendly We are flooded with information and excessive cognitive demands when we are often already depleted from chronic stress sleep deprivation and health issues Many of us experience frequent glitches or memory lapses despite tests showing there is nothing wrong with our brains This book provides concrete strategies derived from neuropsychological science and clinical practice to help people improve how they function in daily life Menchola draws on her experience as a clinical neuropsychologist who has worked with a widely diverse group of patients to translate the findings from highly controlled research into concrete strategies that people can implement in their messy worlds to make their days more brain friendly The book also provides advice on how to address those factors that drain our brain resources and gives guidance on when and how to seek a neuropsychological evaluation It is valuable reading for anyone experiencing frustrating cognitive problems that are not due to brain disease It is also essential for neuropsychologists psychologists and physicians in primary care psychiatry and neurology who need a resource to offer to patients to help their healthy brains function better

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