

CONFÉRENCE **MIDI** DU CRIUGM

The impact of sleep complaints and insomnia for cognition in older adults



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There is a growing body of evidence detailing how phenotypic changes in sleep with increasing age are not only associated with declining functions, but how sleep disorders may also indicate underlying pathology, particularly neurodegenerative diseases. There is vast potential to utilise subjective and objective symptoms of sleep as insightful markers of age-related processes and neurological diseases. We will review the link between insomnia and age-related cognitive decline, as well as potential interventions to improve sleep in older adults.

Mercredi 15 février 2023, 12h15 - 13h

Lieu : Amphithéâtre Le Groupe Maurice du CRIUGM
4545 chemin Queen-Mary, Montréal (Qc) H3W 1W5

Pizzas offertes à partir de 11h30

