

노년기 수면-각성 장애 : 조기발경과 인지향상

강원대학교병원 정신건강의학과 교수

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1. Aging and sleep

- poor sleep maintenance
- higher prevalence of OSA & PLMS
- circadian rhythm abnormality light exposure & sensitivity of circadian system

2. Sleep and cognition

- sleep drives beta-amyloid clearance
- intradaily variability of rest-activity rhythm associated with AD pathology
- longer nap duration : poor cognition
- CR abnormality : metabolic disturbance (i.e. IRS)

3. Prevention of cognitive decline

- CR abnormality : lower amplitude & later acrophase development of MCI and dementia
- exposure to higher intensity light in older adults
- bright light therapy in older adults advance of delayed activity acrophase behavior
sx
- physical exercise : positive effect on cognition
- cognitive training & sleep hygiene improved sleep quality and cognition