

Poor Sleep Patterns & Alzheimer's Disease

Medical research continues to connect poor sleep patterns with Dementia / Alzheimer's disease. Two recent news stories reported that research is showing this link.

On July 18, 2017, NBC News reported on new research that indicates a high correlation between sleep disordered breathing and Dementia / Alzheimer's disease. This includes primary snoring and obstructive sleep apnea. To read the full article, click here.

<http://www.nbcnews.com/health/health-news/here-s-how-sleep-loss-can-affect-alzheimer-s-n781501>

A July 10th article in Science Daily discussed the link between sleep and Alzheimer's disease. Its study discussed research that showed that poor sleep in healthy, middle-aged adults causes an increase in a brain protein associated with Alzheimer's disease. To read the full article, click here.

<https://www.sciencedaily.com/releases/2017/07/170710161442.htm>

If you are concerned you might have a sleep disorder, go to our web site and click on the Sleep Disorders page. There you will find information about our program and 2 simple tests you can take to determine if you need help sleeping better and living longer!! Then give us a call at (502) 895-2210 and make your appointment to see Dr. Blincoe and discuss a program for you.