



Sleep & Older Adults

Last reviewed December 2019

Sleep Disorders <https://www.cgakit.com/sleep-disorders>

This resource is one component of the CGA Toolkit plus. It provides an overview and discusses pathophysiology. A variety of related tools are linked to. (OPEN ACCESS)

Sleep Disorders in the Elderly

<https://www.sciencedirect.com/science/article/pii/S0749069018300089?via%3Dihub>

This article discusses the prevalence of sleep complaints in older adults. Specific disorders are reviewed including; insomnia, sleep-disordered breathing, sleep-wake disturbances, sleep fragmentation, advanced sleep phase disorder, REM behaviour disorder, restless leg syndrome and periodic limb movements. (OPEN ACCESS)

Sleep Disorders in the Elderly: Diagnosis and Management

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5689397/pdf/JGF2-18-61.pdf>

The authors of this article review sleep disorders commonly seen in elderly adults and describe diagnosis and management. (OPEN ACCESS)

Sleep Problems in the Elderly

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4406253/pdf/nihms680852.pdf>

This article reviews common sleep problems in the elderly including sleep apnea and insomnia, including treatment options. (OPEN ACCESS)

Healthcare Providers' Knowledge of Disordered Sleep, Sleep Assessment Tools, and Nonpharmacological Sleep Interventions for Persons Living with Dementia: A National Survey <https://www.hindawi.com/journals/sd/2014/286274/>

This report shares the findings of a survey of health care providers awareness of sleep issues, assessment practices as well as nonpharmacological sleep interventions for individuals with dementia. (OPEN ACCESS)

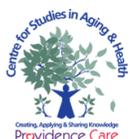
Insomnia in the Elderly: Update on Assessment and Management

<https://cgatoolkit.ca/Uploads/Documents/INSOMNIA%20IN%20THE%20ELDERLY-UPDATE%20ON%20ASSESSMENT%20AND%20MANAGEMENT.pdf>

The authors discuss the multifactorial origins of insomnia, sleep assessments and an overview of treatment options. (OPEN ACCESS)

Management of Sleep Disorders in Community-Dwelling Older Women and Men at the Time of Diagnosis <https://www.ices.on.ca/Publications/Journal-Articles/2019/June/Management-of-sleep-disorders-in-community-dwelling-older-women-and-men-at-the-time-of-diagnosis>

The authors describe the clinical management patterns of sleep disorders in older adults in Ontario. (OPEN ACCESS)



Making Connections & Sharing Knowledge



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Sleep in Older Adults: Normative Changes, Sleep Disorders, and Treatment Options

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4656195/pdf/nihms605100.pdf>

This comprehensive publication provides an overview and includes considerations related to sleep apnea; positive airway pressure; insomnia; cognitive-behavioral therapy; sedative-hypnotic; polysomnography; depression and dementia. (OPEN ACCESS)

Sleep and Mood in Older Adults: Coinciding Changes in Insomnia and Depression Symptoms

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5796875/pdf/nihms903401.pdf>

The aim of this study was to investigate if changes in insomnia symptoms and global sleep quality are coinciding changes in depressed mood among older adults. (OPEN ACCESS)

Sleep in the Context of Healthy Aging and Psychiatric Syndromes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4347465/>

This chapter reviewed the evidence of sleep disorders in the context of psychiatric conditions in later life. (OPEN ACCESS)

Sleep and Suicide in Older Adults: An Opportunity for Intervention

[https://www.clinicaltherapeutics.com/article/S0149-2918\(16\)30738-X/pdf](https://www.clinicaltherapeutics.com/article/S0149-2918(16)30738-X/pdf)

The authors investigate the treatment of sleep disorder in older adults as a suicide prevention strategy. (OPEN ACCESS)

Key Insomnia Symptoms and Incident Pain in Older Adults: Direct and Mediated Pathways Through Depression and Anxiety

<https://academic.oup.com/sleep/article-abstract/41/9/zsy125/5049074>

This article describes a study which deconstructs long-term temporal effects of two key insomnia symptoms on incident pain into direct and indirect pathways, with focus on depression and anxiety symptoms, within a nationally representative sample in the US. (PAID ACCESS)

Antidepressant Management of Insomnia Disorder in the Absence of a Mood Disorder

<https://mhc.cpn.org/doi/full/10.9740/mhc.n188364>

The authors review the available data that existed regarding the use of antidepressants in the treatment of primary insomnia in adults and to further understand the risk-benefit profile. (OPEN ACCESS)

Problem REM Sleep Behavior Disorder Increases Risk for Mild Cognitive Impairment and Parkinson's Disease: A Population-Based Study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3270692/pdf/nihms332705.pdf>

The authors of this population-based cohort study observed that REM sleep behaviour disorder is correlated with an increased risk of developing mild cognitive impairment or Parkinson's disease over four years. (OPEN ACCESS)

Association of Sleep-Disordered Breathing with Cognitive Function and Risk of Cognitive Impairment

<https://jamanetwork.com/journals/jamaneurology/fullarticle/2649259>

This systematic review and meta-analysis provides a quantitative synthesis of population-based studies on the relationship between sleep disordered breathing (SDB) and risk of cognitive impairment. (OPEN ACCESS)

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Sleep-Disordered Breathing, Hypoxia, and Risk of Mild Cognitive Impairment and Dementia in Older Women

<https://jamanetwork.com/journals/jama/fullarticle/1104205>

The authors aimed to determine the relationship between sleep-disordered breathing and cognitive impairment and to investigate potential mechanisms of this association. (OPEN ACCESS)

Obstructive Sleep Apnea Syndrome: An Emerging Risk Factor for Dementia

<http://www.eurekaselect.com/142299/article>

This article discusses the evidence of the association between obstructive sleep apnea syndrome (OSAS) and dementia. The authors present data on the functional and anatomical cerebral changes induced by OSAS and potential impacts on cognitive activities and on Alzheimer's disease pathogenesis. (PAID ACCESS)

Consequences of Comorbid Insomnia Symptoms and Sleep-Related Breathing Disorder in Elderly Subjects

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/410848>

This article investigates the co-occurrence of insomnia symptoms and sleep-related breathing disorders effects on daytime functioning in older adults. (OPEN ACCESS)

Sleep, Cognitive Impairment, and Alzheimer's Disease: A Systematic Review and Meta-Analysis

<https://academic.oup.com/sleep/article/40/1/zsw032/2661823>

This article describes a systematic review and meta-analysis which aimed to quantify the effects of sleep disorders and problems on cognitive impairment and Alzheimer's disease. (OPEN ACCESS)

Sleep and Mild Cognitive Impairment

<https://sleep.biomedcentral.com/articles/10.1186/s41606-017-0016-5>

This article explores the relationship between sleep and cognitive functioning. The authors highlight sleep issues as a part of a prodromal syndrome for various neurodegenerative diseases. (OPEN ACCESS)

Long Sleep Duration, Independent of Frailty and Chronic Inflammation was Associated with Higher Mortality: A National Population-Based Study

<https://onlinelibrary.wiley.com/doi/full/10.1111/ggi.12899>

This prospective population-based cohort study aimed to explore the associations between long sleep duration, frailty, chronic inflammation and mortality among community-dwelling middle-aged and elderly population. (PAID ACCESS)

Exercise Training Improves Sleep Pattern and Metabolic Profile in Elderly People in a Time-Dependent Manner

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3154859/pdf/1476-511X-10-113.pdf>

The investigators sought to assess the effects of moderate exercise training on sleep quality and on the metabolic profile of elderly people with a sedentary lifestyle. (OPEN ACCESS)

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Central Sleep-disordered Breathing Predicts Incident Atrial Fibrillation in Older Men

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4824932/pdf/rccm.201508-1523OC.pdf>

This publication outlines an investigation on sleep-disordered breathing as a predictor of atrial fibrillation among a cohort of older men. (OPEN ACCESS)

Pharmacotherapies for Sleep Disturbances in Dementia

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009178.pub3/full>

This Cochrane review sought to assess the effects and common adverse effects of any drug treatment versus placebo for sleep disorders in people with dementia through analyzing relevant randomized controlled trials. (OPEN ACCESS)

Management of Sleep Disorders in Community-Dwelling Older Women and Men at the Time of Diagnosis

<https://onlinelibrary.wiley.com/doi/full/10.1111/jgs.16038>

The objective of this article was to describe the clinical management patterns of sleep disorders in older women and men at the time of initial diagnosis. (OPEN ACCESS)

Update on Geriatric Sleep Disorders

[https://www.ajgponline.org/article/S1064-7481\(14\)00427-8/pdf](https://www.ajgponline.org/article/S1064-7481(14)00427-8/pdf)

The authors provide updates on the diagnosis and treatment of insomnia in the elderly, clinical diagnosis of sleep apnea with recommendations for management. Sleep disorders which occur in dementia and treatment options are discussed. (PAID ACCESS)

An Under-Diagnosed Geriatric Syndrome: Sleep Disorders Among Older Adults

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5637029/pdf/AFHS1702-0436.pdf>

This article describes a study aimed at determining the prevalence of sleep problems among older adults admitted to the geriatrics out-patient clinic. (OPEN ACCESS)

Association Between Sarcopenia and Sleep Disorder in Older Patients With Diabetes

<https://onlinelibrary.wiley.com/doi/full/10.1111/ggi.13627>

The authors discuss the statistical significance between sarcopenia and sleep disorder in older patients with diabetes. (PAID ACCESS)

Cognitive Behavioral Therapy vs. Tai Chi for Late Life Insomnia and Inflammatory Risk: A Randomized Controlled Comparative Efficacy Trial

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4153053/pdf/aasm.37.9.1543.pdf>

This article describes the findings of a study investigating the comparative efficacy of cognitive behavioural therapy (CBT), Tai Chi Chih (TCC), and sleep seminar education control (SS) on the primary outcome of insomnia diagnosis, and secondary outcomes of sleep quality, fatigue, depressive symptoms, and inflammation in older adults with insomnia. (OPEN ACCESS)