- Sleep / Brain



Poor sleep links to brain ageing

A recent study links poor sleep quality in early middle age with signs of accelerated brain ageing by late middle age. Conducted with 589 participants, the research involved sleep assessments at age 40 and five years later, along with brain scans 15 years after the study began. Researchers evaluated six sleep issues, such as trouble falling asleep, bad quality sleep and daytime sleepiness, and categorised participants into three groups based on the number of sleep problems reported. Those with more sleep issues had brain scans indicating an age-related shrinkage equivalent to nearly three additional years. The findings showed that participants with moderate to severe sleep difficulties had brains appearing 1.6 to 2.6 years older than those with fewer sleep issues. Study author Kristine Yaffe, MD, emphasises that addressing sleep problems early through regular sleep schedules, exercise, and relaxation could support long-term brain health and reduce age-related cognitive decline.
Source: Neurology