HEALTHY AGEING
Colloquium Series

LECTURER
dr. P. Meerlo
(RUG, Faculty of Science and Engineering, Groningen Institute for Evolutionary Life Sciences)

TITLE
The importance of sleep for brain function, cognition and healthy ageing.

DATE & TIME
Tuesday 22 January 2019, 12:00 – 13:00 hrs

LOCATION
Room 0061, Munting building (Snijders lecture room)
Grote Kruisstraat 2/1 Groningen

ABSTRACT
Sleep is important for the brain. Although the exact mechanisms by which sleep supports brain functions are still a matter of debate, sleep is generally thought to facilitate neuronal recovery, maintenance and plasticity. Along this way, sleep keeps the brain in shape, improves cognitive performance and is actively involved in learning and memory formation. Yet, with advancing age, sleep changes and the incidence of sleep problems and insomnia increases. More than just a side effect of the ageing process, these sleep problems may be causally involved in ageing-related alterations in brain structure and brain function. In the long run, insufficient sleep may contribute to ageing-related cognitive decline and accelerate the development of dementia and Alzheimer’s disease. Collectively the data suggest there may be no healthy ageing without healthy sleep.

For more information you may contact:
prof. dr. Susanne Scheibe, s.scheibe@rug.nl
dr. P. Meerlo, p.meerlo@rug.nl