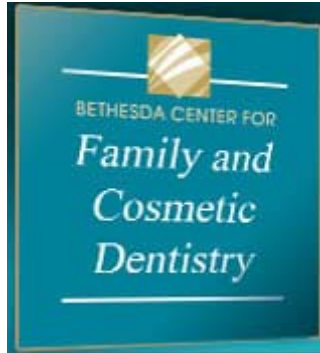


# Sleep Disruption Linked to Alzheimer's Risk



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A full night of sleep is needed for good health but as a Bethesda [sleep apnea dentist](#) I know many people have sleep that is disrupted throughout the night. A new study shows that people who have disrupted sleep were more likely to be at risk for memory problems and Alzheimer's disease.

According to study author Dr. Yo-El Ju "Disrupted sleep appears to be associated with the build-up of amyloid plaques, a hallmark marker of Alzheimer's disease, in the brains of people without memory problems. Further research is needed to determine why this is happening and whether sleep changes may predict cognitive decline." The study showed that people who slept soundly throughout the night were 5 times less likely to have the plaque buildup. The researchers are not sure of the direction of the relationship, whether the sleep disruption is causing the brain changes or if brain changes are disrupting sleep. More research will be needed.

Sleep can be disrupted for any number of reasons; a barking dog, insomnia, a bed partner's loud snoring or sleep apnea. Sleep apnea is especially dangerous because it affects the sleep of the person with the disease and also disrupts the sleep of that person's bed partner. The loud snoring and gasping throughout the night are not remembered by the sleep apnea patient but the spouse can describe the entire night in great detail. If you experience loud snoring and daytime tiredness you may have obstructive sleep apnea.

Please contact Bethesda sleep medicine dentist, Dr. Bernard L. Greenbaum at 301-530-3600 to arrange for your screening for obstructive sleep apnea.

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