



Memory decline associated with sleep apnea during REM sleep

Description

New Study Links Sleep Apnea during REM Sleep to Memory Issues in Older Adults

A recent study led by the University of California, Irvine has found a connection between sleep apnea events during REM sleep and verbal memory problems in older adults at risk for Alzheimer's disease. The research emphasizes the importance of focusing on the severity of apnea during specific sleep stages for accurate diagnosis and treatment.

Women were discovered to have more REM-related sleep apnea events, potentially increasing their risk of developing Alzheimer's. The findings underscore the necessity for personalized assessments of sleep apnea to address cognitive decline.

The study, published in the journal Alzheimer's Research & Therapy, revealed that higher apnea events during REM sleep were linked to worse verbal memory. This discovery highlights the need to pay attention to REM-specific apnea events for effective diagnosis and treatment.

By identifying and addressing REM-specific events, medical professionals can tailor personalized approaches to assessment and treatment, ultimately benefiting individuals with a genetic predisposition to Alzheimer's and those with a family history of the disease.

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Vocabulary List:

1. **Apnea** // (noun): A temporary cessation of breathing especially during sleep.
2. **Verbal Memory** // (noun): The ability to remember words and spoken information.
3. **Cognitive Decline** // (noun): The gradual loss of cognitive functions such as memory and reasoning.
4. **Genetic Predisposition** // (noun): An increased likelihood of developing a particular disease based on genetic factors.
5. **Personalized** // (adjective): Tailored or adapted to meet individual needs.
6. **Assessments** // (noun): Evaluations or appraisals of a situation or condition.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which type of diet emphasizes fruits vegetables whole grains and healthy fats?
Option: Mediterranean
Option: Ultraprocessed
Option: Processed
Option: Varied
2. What is the natural biological process that occurs in women as they age?
Option: Menopause
Option: Premature
Option: Ovarian
Option: Insufficiency
3. Which category of diseases occur when the immune system mistakenly attacks the body?
Option: Cognitive Decline
Option: Genetic Predisposition
Option: Autoimmune
Option: Apnea
4. What term refers to the actions and mannerisms made by individuals?
Option: Artificial intelligence
Option: Behavior
Option: Predict
Option: Exclusive
5. Which term refers to the extent to which a concept conclusion or measurement are well-founded and



dependable?

- Option: Detected
- Option: Reassured
- Option: Precautions
- Option: Validity

6. Which term describes something innovative or pioneering?

- Option: Groundbreaking
- Option: Generative
- Option: Outbreak
- Option: Mortality

7. What type of memory involves the ability to remember words and language?

- Option: Verbal Memory
- Option: Cognitive Decline
- Option: Assessments
- Option: Insufficiency

8. What term describes tailored or customized approaches for individuals?

- Option: Personalized
- Option: Assessments
- Option: Exclusive
- Option: Detected

9. What term refers to the potential of gaining or losing something of value?

- Option: Risk
- Option: Innovative
- Option: Premature
- Option: Ovarian

10. What field of computer science involves the development of machines that can perform tasks that typically require human intelligence?

- Option: Artificial intelligence
- Option: Behavior
- Option: Predict
- Option: Mortality

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. A balanced diet should provide essential _____ to support overall health.



12. Vitamin D _____ can lead to bone-related health issues.
13. Regular mental exercises may help prevent _____ in older adults.
14. Some individuals have a _____ to certain hereditary conditions.
15. Medical professionals use various _____ to evaluate a patient's health status.
16. The test results _____ the patient that their condition was not severe.
17. The new screening method accurately _____ early signs of the disease.
18. The company prided itself on its _____ approach to product development.
19. The event was by invitation only making it _____ and prestigious.
20. It is essential to take necessary _____ to prevent accidents at the workplace.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Consuming high amounts of foods is linked to various health risks.
22. Weather forecasters use advanced technology to changes in atmospheric conditions.
23. Studies show that smoking is a leading cause of premature .
24. Early detection of cancer is crucial for successful treatment.
25. Continuous positive airway pressure (CPAP) devices are used to treat sleep .
26. Including a range of foods in your diet can help ensure adequate nutrient intake.
27. The workshop aimed to foster a environment for creative ideas.
28. The health department quickly responded to the recent disease in the community.
29. Investors weigh the potential when making financial decisions.
30. Many convenience foods are highly and contain added preservatives.



Answer

Multiple Choice: 1. Mediterranean 2. Menopause 3. Autoimmune 4. Behavior 5. Validity 6. Groundbreaking
7. Verbal Memory 8. Personalized 9. Risk 10. Artificial intelligence

Gap-Fill: 11. Nutrients 12. Insufficiency 13. Cognitive Decline 14. Genetic Predisposition 15. Assessments
16. Reassured 17. Detected 18. Innovative 19. Exclusive 20. Precautions

Matching sentence: 1. Ultraprocessed 2. Predict 3. Mortality 4. Ovarian 5. Apnea 6. Varied 7. Generative
8. Outbreak 9. Risk 10. Processed

CATEGORY

1. Health - LEVEL2

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