



Nighttime Habit May Signal Dementia: Neurologists Reveal Clues

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How Your Sleep Affects Dementia RiskJulPo - Getty Images

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While sleep is undoubtedly pivotal for one's overall well-being, recent research underscores its crucial role in potentially mitigating dementia risk as well. This insight emerges from a November 2024 study published in the journal *Neurology*. Although an individual's [dementia](#) risk is influenced by myriad [factors](#), understanding the link with sleep is a step forward.

Expert Opinions: Renowned neurologists such as [W. Christopher Winter](#) and [Verna Porter](#) explain that excessive daytime sleepiness could be indicative of motoric cognitive risk syndrome (MCR), a precursor to dementia. Intriguingly, the study reveals that 35% of those with pronounced daytime sleepiness developed MCR, compared to only 6.7% without such sleepiness.

MCR consists of symptoms like slowed walking and cognitive complaints, potentially heralding dementia. It's crucial to note that while natural tiredness is a part and parcel of aging, ebbing enthusiasm and excessive sleepiness, such as dozing off during meals or social occasions, are concerning.

The study further cements the bond between quality sleep and reduced dementia risk. [Winter](#) notes that the brain's glymphatic system, which clears waste, functions optimally during sound sleep. Thus, lack of sleep inhibits this restorative process.

While the exact recipe to stave off dementia remains elusive, practices such as physical activity, managing chronic conditions, and steering clear of smoking are suggested by the [CDC](#). Furthermore, scheduling naps might offer benefits, complementing a regular sleep pattern.

Ultimately, achieving a restful night's sleep is paramount. Measures such as maintaining a consistent sleep schedule, moderating caffeine intake, and creating a serene sleep environment can significantly boost sleep quality. For persisting issues, consulting a healthcare professional is advisable.

Vocabulary List:

1. **Mitigating** /'mɪtɪ,geɪtɪŋ/ (verb): Making less severe or serious; alleviating.
2. **Neurology** /njʊ'rɒlədʒi/ (noun): The branch of medicine dealing with disorders of the nervous system.
3. **Cognitive** /'kɒgnɪtɪv/ (adjective): Relating to the mental processes of perception memory judgment and reasoning.
4. **Excessive** /ɪk'sɛsɪv/ (adjective): More than is necessary normal or desirable; immoderate.
5. **Precursor** /prɪ'kɜːrsər/ (noun): Something that comes before another of the same kind; a forerunner or predecessor.
6. **Serene** /sə'riːn/ (adjective): Calm peaceful and untroubled; tranquil.



Comprehension Questions

Multiple Choice

1. What is the crucial role of sleep in potentially mitigating dementia risk according to recent research?
 - Option: Enhancing memory retention
 - Option: Boosting immune function
 - Option: Clearing waste from the brain
 - Option: Improving cardiovascular health
2. Which renowned neurologists link excessive daytime sleepiness to the precursor of dementia known as motoric cognitive risk syndrome (MCR)?
 - Option: W. Christopher Winter
 - Option: Verna Porter
 - Option: Both W. Christopher Winter and Verna Porter
 - Option: None of the above
3. What percentage of individuals with pronounced daytime sleepiness developed MCR according to the study mentioned?
 - Option: 6.7%
 - Option: 15%
 - Option: 25%
 - Option: 35%
4. What is emphasized as a potential symptom of motoric cognitive risk syndrome (MCR) heralding dementia?
 - Option: Increased energy levels
 - Option: Slowed walking
 - Option: Improved cognitive function
 - Option: Enhanced coordination
5. According to the content, what activity is suggested to potentially complement a regular sleep pattern in reducing dementia risk?
 - Option: Regular coffee consumption
 - Option: Scheduling naps
 - Option: Excessive socializing
 - Option: Irregular sleep patterns



6. What is recommended by the CDC to help prevent dementia?

- Option: Avoiding physical activity
- Option: Smoking cessation
- Option: Increased caffeine consumption
- Option: Irregular sleep schedule

True-False

- 7. Excessive daytime sleepiness is not linked to motoric cognitive risk syndrome (MCR) and dementia.
- 8. Maintaining a consistent sleep schedule has no impact on sleep quality.
- 9. Scheduling naps might offer benefits in reducing dementia risk.
- 10. Ebbing enthusiasm and excessive sleepiness are not concerning signs related to aging.
- 11. Physical activity is not recommended by experts to help prevent dementia.
- 12. Lack of sleep does not inhibit the brain's waste-clearing process.

Gap-Fill

- 13. The study mentioned in the content reveals that 35% of individuals with pronounced daytime sleepiness developed MCR, compared to only _____ without such sleepiness.
- 14. Maintaining a consistent sleep schedule, moderating caffeine intake, and creating a serene sleep environment can significantly boost sleep _____.
- 15. The exact recipe to stave off dementia remains _____, according to the content.
- 16. Excessive daytime sleepiness could be indicative of motoric cognitive risk syndrome (MCR), a precursor to _____.



17. While natural tiredness is a part and parcel of aging, ebbing enthusiasm and excessive sleepiness are _____ signs according to the content.

18. Consulting a healthcare professional is advisable for persisting _____ related to sleep.

Answer

Multiple Choice: 1. Clearing waste from the brain 2. Both W. Christopher Winter and Verna Porter 3. 35%
4. Slowed walking 5. Scheduling naps 6. Smoking cessation

True-False: 7. False 8. False 9. True 10. False 11. False 12. False

Gap-Fill: 13. 6.7% 14. quality 15. elusive 16. dementia 17. concerning 18. issues

Vocabulary quizzes

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

1. What does the term "mandate" refer to?

- Option: A. A formal order or commission to do something.
- Option: B. A type of tropical fruit.
- Option: C. A musical instrument.
- Option: D. A scientific theory.

2. What can cause sudden increases in the number of cases of a specific disease?

- Option: A. Outbreaks
- Option: B. Endemics
- Option: C. Vaccines
- Option: D. Quarantines

3. Which of the following helps maintain a healthy balance of gut bacteria?

- Option: A. Probiotics
- Option: B. Antibiotics
- Option: C. Analgesics
- Option: D. Antihistamines

4. What term refers to the monitoring of behavior activities or other changing information for the purpose of influencing managing directing or protecting?



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- Option: A. Surveillance
Option: B. Interference
Option: C. Censorship
Option: D. Repression
5. How is a pathogen spread from one host to another?
Option: A. Transmission
Option: B. Creation
Option: C. Isolation
Option: D. Absorption
6. Which branch of medicine deals with disorders of the nervous system?
Option: A. Neurology
Option: B. Gynecology
Option: C. Dermatology
Option: D. Radiology
7. Which term describes a peaceful and calm environment?
Option: A. Serene
Option: B. Chaotic
Option: C. Dynamic
Option: D. Energetic
8. What medical condition is characterized by high blood pressure?
Option: A. Hypertension
Option: B. Hypotension
Option: C. Hyperthermia
Option: D. Hypoglycemia
9. What is the process of removing moisture from something?
Option: A. Desiccation
Option: B. Hydration
Option: C. Evaporation
Option: D. Sublimation
10. What term is used for a magical or medicinal potion?
Option: A. Elixir
Option: B. Poison
Option: C. Concoction
Option: D. Tonic



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

11. It is important to _____ monitor the situation to prevent any security breaches.
12. The illness was caused by the parasite known as _____ .
13. Doctors identified harmful _____ in the patient's blood sample.
14. The teacher warned the students not to consume _____ amounts of sugar.
15. High levels of pollution are a _____ to respiratory problems.
16. Aquatic organisms have adapted to survive in varying levels of _____ in the water.
17. Her remarkable _____ allowed her to recover quickly from setbacks.
18. Processed foods often contain high levels of _____ .
19. While on vacation she enjoyed _____ in delicious local cuisine.
20. The increase in COVID-19 cases led to a rise in _____ in the region.

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

21. The rapid spread of the virus was to health officials.
22. The government decided to implement an to control the escalating crime rates.
23. Planting trees is a way of the effects of climate change.
24. The study focused on the children's development and problem-solving skills.
25. The geologist studied the of sediments in the riverbed.
26. Conservation efforts aim to protect diverse around the world.
27. The pool water quickly disappeared due to under the scorching sun.
28. The detective found the fingerprint on the murder weapon.



29. Eating leafy greens can provide essential nutrients like for proper muscle function.

30. The process of removes moisture from wet surfaces.

Answer

Multiple Choice: 1. A. A formal order or commission to do something. 2. A. Outbreaks 3. A. Probiotics
4. A. Surveillance 5. A. Transmission 6. A. Neurology 7. A. Serene 8. A. Hypertension 9. A. Desiccation 10. A.
Elixir

Gap-Fill: 11. vigilantly 12. cryptosporidium 13. pathogens 14. excessive 15. precursor 16. salinity 17.
resilience 18. sodium 19. indulging 20. hospitalizations

Matching sentence: 1. alarming 2. intervention 3. mitigating 4. cognitive 5. deposition 6. ecosystems
7. evaporation 8. matching 9. magnesium 10. evaporation

CATEGORY

1. Health - LEVEL4

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