



Study Finds that a Common Sleeping Pill May Help Reduce the Accumulation of Alzheimer's Proteins

Description

Scientists have made a promising discovery in the fight against Alzheimer's disease, shedding light on the potential link between poor sleep and the progression of the disease. A recent study found that using sleeping pills to improve sleep may help reduce the build-up of harmful proteins in the brain associated with Alzheimer's.

The study, conducted by researchers at Washington University in St. Louis, focused on the effects of suvorexant, a common treatment for insomnia, on protein levels in the brain. Participants who took suvorexant for two nights experienced a decrease in the levels of amyloid-beta and tau proteins, which are known to accumulate in Alzheimer's disease.

While the study only involved a small group of healthy adults over a short period, the findings highlight the importance of sleep in maintaining brain health. Sleep disturbances have been identified as an early warning sign of Alzheimer's, emphasizing the need to prioritize good sleep hygiene.

However, the researchers caution against overreliance on sleeping pills, citing the risk of dependency and potential negative effects on sleep quality. Despite the promising results, more research is needed to fully understand the role of sleep in Alzheimer's disease prevention.

These findings offer hope for future drug developments that leverage the connection between sleep and brain health. While the road to preventing cognitive decline in Alzheimer's patients may still be long, the study brings us one step closer to unlocking the mysteries of this devastating disease.

Vocabulary List:

1. **Alzheimer disease** // (noun): A progressive neurodegenerative disease that leads to memory loss and cognitive decline.
2. **Discovery** // (noun): The act of finding or learning something for the first time.
3. **Progression** // (noun): The act of moving forward or advancing.
4. **Insomnia** // (noun): A sleep disorder characterized by difficulty falling or staying asleep.
5. **Proteins** // (noun): Large biomolecules essential for the structure, function, and regulation of the body cells.
6. **Amyloid-beta** // (noun): A protein that accumulates in the brains of Alzheimer patients and forms plaques.

Vocabulary quizzes



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

1. Which term refers to the action of being unfaithful to a spouse or partner?
Option: Aggressiveness
Option: Infidelity
Option: Caregiver
Option: Deprivation
2. What condition is characterized by memory loss and decline in cognitive function?
Option: Alzheimer disease
Option: Menopause
Option: Premature
Option: Insomnia
3. Which protein is associated with the development of Alzheimer's disease?
Option: Intervention
Option: Proteins
Option: Amyloid-beta
Option: Enhance
4. What does it mean to be put in a situation where you are vulnerable to a risk or danger?
Option: Preventing
Option: Exposure
Option: Contagious
Option: Insomnia
5. What type of memory typically holds information for a brief period?
Option: Elevated
Option: Deprivation
Option: Short-Term
Option: Mortality
6. What term indicates that an official statement or order has been given?
Option: Caregiver
Option: Progression
Option: Issued
Option: Insufficiency
7. What feeling arises when one is envious or fearful of losing something or someone?
Option: Estrangement
Option: Jealousy
Option: Creatine



Option: Intervention

8. What measures are taken in advance to prevent something undesirable from happening?

Option: Enhance

Option: Capacity

Option: Precautions

Option: Discovery

9. In what terms is the gradual development or advance of something described?

Option: Mortality

Option: Proteins

Option: Progression

Option: Somatic

10. Who is responsible for providing assistance and support to someone in need?

Option: Alzheimer disease

Option: Insomnia

Option: Menopause

Option: Caregiver

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

11. Taking certain supplements may help _____ cognitive function.

12. An _____ level of stress can negatively impact one's health.

13. _____ can lead to hormonal changes in a woman's body.

14. Regular exercise can improve your body's _____ to perform physical tasks.

15. Lack of sleep can result in sleep _____ .

16. Medical _____ may be necessary to treat a severe health condition.

17. Some physical conditions may manifest as _____ symptoms.

18. The _____ of new treatments can revolutionize healthcare.

19. A diet rich in _____ is essential for muscle development.

20. Colds and flu are _____ illnesses that can easily spread.



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

21. His behavior towards others often caused conflicts.
22. The baby's birth presented challenges for the medical team.
23. Persistent can lead to fatigue and difficulty concentrating.
24. The government a warning about the approaching storm.
25. She felt vulnerable and after sharing her personal story.
26. Vaccination is key in the spread of infectious diseases.
27. The information can be easily through the online portal.
28. The study focused on factors that affect rates in the elderly population.
29. The project failed due to funding and lack of resources.
30. Early detection can lead to prompt and better treatment outcomes.

Answer

Multiple Choice: 1. Infidelity 2. Alzheimer disease 3. Amyloid-beta 4. Exposure 5. Short-Term 6. Issued 7. Jealousy 8. Precautions 9. Progression 10. Caregiver

Gap-Fill: 11. Enhance 12. Elevated 13. Menopause 14. Capacity 15. Deprivation 16. Intervention 17. Somatic 18. Discovery 19. Proteins 20. Contagious

Matching sentence: 1. Aggressiveness 2. Premature 3. Insomnia 4. Issued 5. Exposed 6. Preventing 7. Accessed 8. Mortality 9. Insufficiency 10. Intervention

CATEGORY

- 1. Health - LEVEL3

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