

TRANSCRIPT OF MEDIA CLIPS- New Research suggests poor sleep could damage the brain

Dr. Bradley Gleason, internal clinical director, OSF Sleep Lab in Peoria, Illinois.

He suggests a new study adds to growing evidence that poor sleep can have serious long-term health consequences.

"So it's not a direct linkage that says, you know, if you have fragmented sleep, or if you sleep too much during the day, that you're obviously going to get dementia," says Bradley Gleason, MD, internal clinical director, OSF Sleep Lab in Peoria, Illinois. "But the linkage is strong enough, and it points to needing more studies and more data down the road that there could be a significant link so obviously it's very important to clean up your sleep disorders so that the risk of dementia and Alzheimer's potentially is lowered." (:24)

Dr. Gleason says many people still underestimate the importance of sleep, often delaying treatment for sleep disorders such as insomnia or obstructive sleep apnea.

"We have lots of other data about cardiovascular health and high blood pressure and stroke and all that we know is linked to poor quality sleep and not getting enough sleep," Dr. Gleason shares. "So absolutely, yeah, you want to take this seriously. I'm obviously biased but we want to attack your sleep problems head on as early as we can." (:18)

When sleep is fragmented, the body becomes stressed according to Dr. Gleason.

"So you're not sleeping well and therefore you're going to have the immune-related ways your body kind of fixes itself is not happening and so your cells are dying off and that could lead to some of the study results that now you're getting atrophy is some of those important brain areas. So that's what I would say 'I need to try to fix why are you having these troubles so we can address it now.'" (:24)

Addressing sleep problems early may help protect long-term health.

"There is a link potentially between poor quality sleep and potentially long-term bad outcomes, including memory problems and/or Alzheimer's disease. It just points to the importance of sleep quality now to avoid those problems later." (:20)