

BROADCAST- New Research suggests poor sleep could damage the brain

ANCHOR LEAD-IN

New research is raising concerns about the long-term effects of poor sleep on brain health.

VO or Radio Package

The study published in the Journal of the Alzheimer's Association found that disrupted sleep patterns and fragmented circadian rhythms may be linked to shrinkage in parts of the brain associated with Alzheimer's disease and memory loss. Experts say the findings are still preliminary, but they add to growing evidence that sleep plays a critical role in overall health.

OSF HealthCare sleep specialist Dr. Bradley Gleason says the message from the study is clear.

SOT-Dr. Bradley Gleason

"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." (:17)

Dr. Gleason says treating issues like sleep apnea and insomnia early is as important as getting chronic conditions such diabetes and high blood pressure under control.