

## The Effects of Sleep on the Ageing Brain

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Poor sleep quality, characterised by difficulties in initiating or maintaining sleep or non-restorative sleep, affects up to half of older adults and has been linked with poor performance on cognitive tests and an increased risk of cognitive decline and Alzheimer's disease. Fortunately, though, there are effective treatments. For example, cognitive behavioural therapy has been shown to significantly improve sleep quality, with effects maintained for at least 12-months.

Understanding the biological processes that underlie the cognitive benefits of sleep is an essential area for future research, and our current research spans large-scale epidemiological projects (Whitehall II Imaging Sub-Study, UK Biobank) and randomised-controlled trials (The Defining the Impact of improved Sleep on Cognitive function (DISCO) trial). We would welcome applications from students interested in analysing cognitive and neuroimaging data, with backgrounds in neuroscience, psychology or engineering.

If you are interested in this project please contact:

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