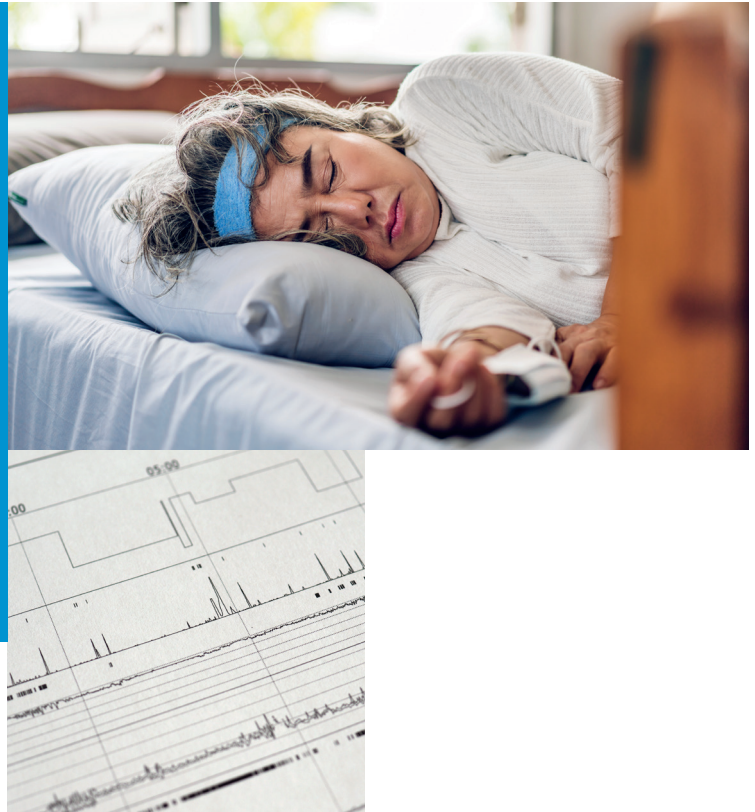


Sleep & Cognition in Older Adults



The purpose of this study is to determine how sleep is affected in both healthy aging and neurodegenerative processes. The study aims to determine whether sleep quality alters performance on cognitive tasks in older adults and whether this relationship changes with mild to moderate cognitive impairments.

What is involved?

Over an 8-day period and in the comfort of your own home, you will be asked to participate in the following:

- Questionnaires
- Sleep Journal
- Sleep/wake measurements
- Movement measurements
- An overnight measurement of vitals

You may also be asked to participate in an ~24hr study to complete an overnight sleep assessment (polysomnography measurement) and daytime napping assessments.

There is no payment or cost for participating in this study.

The National Institutes of Health (NIH) and the Tau Consortium sponsor the study.

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