

**April 1, 2019**

## **Buying Time - Can We Promote Cognitive Health Through Improved Sleep Quality and Increased Physical Activity? Results from Observational Studies and Randomized Controlled Trials**

Maintaining sleep quality and cognitive health are critical for healthy ageing. Specifically, poor sleep quality is linked to impaired cognitive performance across the lifespan and with dementia in late life. Thus, effective lifestyle strategies which can positively impact both are greatly needed. One potential strategy is promoting physical activity (PA). Strong empirical evidence suggests PA promotes cognitive health, and there is increasing evidence PA may maintain cognitive health by promoting better sleep. In addition, preliminary evidence suggests PA may help maintain circadian rhythm alignment, which weakens with age leading to declines in sleep quality and cognitive function. Thus, this presentation will provide a summary of the current evidence for 1) the implications of poor sleep on cognitive health; 2) how PA and sleep are linked to cognitive function and each other; and 3) how PA may be useful in circadian re-alignment (i.e., chronotherapy) to promote sleep and cognitive health.

Learning Objectives:

1. Identify important lifestyle strategies for promoting and maintaining older adult sleep quality and cognitive health.
2. Understand the importance of circadian regulation for both sleep quality and cognitive health.

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Rounds are held weekly on Mondays from 12:00 pm to 1:00 pm in the VGH Research Pavilion, Room 700, 7<sup>th</sup> Floor, 828 West 10th Avenue, Vancouver, BC.

Visit [www.C2E2.ca](http://www.C2E2.ca) for information about previous and upcoming rounds. If you are interested in presenting please email [pamela.lee@ubc.ca](mailto:pamela.lee@ubc.ca).