



CLSA Approved Project

Applicant

Dr. Jennifer Heisz, McMaster University

E-mail Address

fenesib@mcmaster.ca

Project Title

Brain Health in Aging: Examining the Interplay of Physical Activity, Sleep, and Cognition

Project Summary

Dementia is one of the most debilitating and burdensome health conditions causing individuals to lose their ability to communicate, recognize family members, and adequately care for themselves. With no imminent cure, there is urgent need for interventions that reduce the risk for dementia in healthy adults. Physical activity is a promising intervention for promoting cognition and delaying the onset of dementia. However, a limited understanding of the factors linking physical activity and cognition is a barrier to generating specific guidelines for effective prevention. One avenue of growing exploration in recent years is the impact of disrupted sleep on cognitive decline and dementia. We will examine the hypothesis that physical activity promotes cognition in aging through its beneficial effects on sleep.

Keywords

Cognition, Sleep, Physical activity, Sex differences, Dementia prevention