

Circadian rhythm sleep –wake abnormalities in the elderly



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There are many age-related changes in circadian patterns including reduction in the amplitude of circadian rhythm, loss of entrainment stability, reduced responsiveness to zeitgeber and changes in clock period and stability.

Patients with Alzheimer's disease (AD) have frequent sleep problems, and a few research showed that delayed sleep phase with weakened amplitude. The circadian sleep-wake pattern of Parkinson's disease (PD) has not been studied until recently even though many patients with PD suffer from sleep disorders. In this session, age-related changes of circadian rhythm and recent evidences of circadian wake-sleep derangements in patients with neurodegenerative disease will be briefly overviewed. In addition, potential clinical implication of treatment of circadian rhythm dysfunction in those patients will be discussed.
