One in every three adults is chronically sleep-deprived.

Changes into Older Adulthood:

Central Question
Can differences in habitual sleep quality affect brain function and memory, and are there any age-related differences?

Method: Comparison of young and older adults

Participant Recruitment:
Young Adults
Older Adults

1. One week of sleep measurement

2. Word pair memory task while recording brain activity

Important Findings

Young Adults

Older Adults

Sleep Quality
Memory Performance

Conclusion