

# Studies on the Diagnosis and Treatment for the Sleep Disorders in the Elderly : Relationship with Sleep Apnea Syndrome

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# 1989 Fiscal Year Final Research Report Summary

## Studies on the Diagnosis and Treatment for the Sleep Disorders in the Elderly : Relationship with Sleep Apnea Syndrome

Research Project

### Project/Area Number

61570521

### Research Category

Grant-in-Aid for General Scientific Research (C)

### Allocation Type

Single-year Grants

### Research Field

Psychiatric science

### Research Institution

Kanazawa University

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### Project Period (FY)

1986 – 1988

### Keywords

polysomnography / aged persons / senile dementia of Alzheimer type / sleep apnea syndrome / intelligence test (WAIS) / sleep variables / sleep architecture

### Research Abstract

Polysomnography and intelligence testing were performed on a group of 18 healthy, elderly persons (mean 71.3 years) who lived at home without subjective complaints of sleep disturbance, and on a group of 14 patients (mean 69.3 years) with senile dementia of Alzheimer type (SDAT). Sleep variables, sleep architectures abnormal respiration occurring during sleep, and extent of intellectual level decline were evaluated. The SDAT group was further divided into mild and severe dementia groups. Sleep content was more deteriorated in males than in females in the healthy aged group, although there was no subjective evidence of sleep disturbance. Particularly in the male group, it was surmised that sleep apnea resulting in frequent nocturnal hypoxemia might be related to lowering of intellectual function. Regarding quantitative sleep changes, sleep efficiency was found to be significantly lower in the total SDAT group

than in the group of healthy aged. In the total SDAT group, sleep apnea was found more frequently than in the group of healthy aged. Patients with mild dementia tended to show frequent severe sleep apnea. These results indicate that the SDAT group frequently suffer from quantitative changes in sleep content, such as the fragmentation of sleep and a decrease of REM sleep. In mild SDAT, recurrent sleep apnea was observed, while qualitative changes of sleep appeared with increasing severity of senility. It was suggested that the degenerative process of SDAT accelerates the changes of sleep content resulting from the aging process itself and that sleep apnea syndrome plays some role in the deterioration of SDAT.

## Research Products (13 results)

All Other

All Publications (13 results)

[Publications] 前田義樹、古田寿一、森川恵一、金英道、浜原昭仁、林卓也、石黒信治、佐野譲、木場清子、山口成良: "睡眠ポリグラフィと臨床心理検査からみた高齢者の睡眠障害について" 老年精神医学. 4. 365-373 (1987) ▼

[Publications] 上野勝彦、古田寿一、山口成良: "中・高齢者の睡眠時無呼吸症候群の診断と治療" 病態生理. 8. 72-74 (1989) ▼

[Publications] 森川恵一: "在宅健康老人とアルツハイマ-型老年痴呆のポリソムノグラフィ-による比較研究-特に睡眠時無呼吸と知的機能について-" 金沢大学十全医学学会雑誌. 98. 237-256 (1989) ▼

[Publications] 古田寿一、山口成良: "老年者のレム睡眠" 老化と疾患. 2. 1864-1872 (1989) ▼

[Publications] 山口成良: "polysomnographyによる中・高齢者の睡眠障害の研究" 精神神経学雑誌. 91. 534-546 (1989) ▼

[Publications] 森川恵一、古田寿一、前田義樹、金英道、浜原昭仁、林卓也、石黒信治、佐野譲、木場清子、山口成良: "高齢者の睡眠ポリグラフィ-性差および知的機能検査との関連-" 精神医学. 31. 1283-1289 (1989) ▼

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[Publications] Ueno, K., Furuta, H. and Yamaguchi, N.: "The Diagnosis and Treatment for Sleep Apnea Syndrome in the Middle and Old Age" Byotai Seiri (Medicina Philosophica). 8. 72-74 (1989) ▼

[Publications] Furuta, H. and Yamaguchi, N.: "REM Sleep in the Aged Human" Roka to Shikkan (Ageing and Diseases). 2. 1864-1872 (1989) ▼

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[Publications] Yamaguchi, N.: "Polysomnographical Studies on the Sleep Disorders in the Middle-Aged and Advanced-Aged Persons" Psychiatria et Neurologia Japonica. 91. 535-546 (1989) ▼

[Publications] Morikawa, K., Furuta, H., Maeda, Y., Kim, Y., Hamahara, S., Hayashi, T., Ishiguro, N., Sano, J., Kiba, K. and Yamaguchi, N.: "Sleep Patterns of the Healthy Aged : Relationship with Intellectual Function" Seishin Igaku (Psychiatry). 31. 1283-1289 (1989) ▼

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