

Sleep disorders and mild cognitive impairment

A. Batzikosta¹

¹*Psychology, Aristotle University of Thessaloniki, Greece*

Introduction: Mild cognitive impairment (MCI) is the transient stage between the normal old age and dementia. The transition from the normal aging in the MCI is sensitive. The observation of sleep changes can distinguish the healthy aging from dementia. Taking into consideration that the MCI diagnosis is based on neuropsychological evaluation, we must check to what extent sleep disorders contribute to the cognitive impairment of these people. Objective: The current literature review is going to analyze sleep disorders in people who were diagnosed with MCI. Methods: A systematic review of the existing literature was conducted in the following databases: PubMed, Embase and Medline. Key words: sleep disorders, mild cognitive impairment, elderly, AD. The articles were published from 2006 to 2016. Results: It is evident from the literature review, that the sleep disorders as one of the most common neuropsychological symptoms, are more frequent in patients who suffered from MCI compared with healthy elderly. On the top, their treatment may deter the onset of dementia. Conclusions: Sleep disorders are prevalent among the elderly diagnosed with MCI and neurodegenerative diseases. The determination of sleep changes could be transitive indicators in cognitive impairment or dementia. The disclosure of the relationship between sleep changes and changes in cognition is a gap in the literature in which future studies should investigate.