



Disturbances of Sleep Among Older People

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Message from the Guest Editors

We are entering an era of a steep increase in the absolute and relative number of older people. This represents a major challenge for health care, which has to sustain the ability of staying healthy at any age (including keeping both high cognitive and high physical functioning, and avoiding or at least minimizing disease and disability).

Among the targets that may be of interest, sleeping does not come out easily as a main factor, but its abnormalities lead to many consequences, such as sleepiness, cognitive impairment, and several cardiovascular events, thus spreading disabilities all over the body. In that view, it seems of major importance to correlate the brain structure to different sleep pathologies such as insomnia, restless legs syndrome, or periodic limb movement disorder.

In that view, the exploration of the links between these clinical dysfunctions and brain structure appears to be of utmost importance to the promotion of successful aging.





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