Does the shortage of sleep raise the danger of Alzheimer disease?

Very little or bad sleep can motivate the deposition of the BETA -AMYLOID in the brain. Potential risk factor: Night sleep disturbance or sleep disorder can encourage the emergence of the Alzheimer or at least indicate a high risk in the brain. This suggests a long-term study: who permanently exhausted was and unintentionally doze off, results in a high risk. Indeed this causal connection until now is not proven. If this assumption is proved, can achieve a new approach to this prevention of this disease. Only in Germany are around 1,3 people suffered greatly from Alzheimer. Despite of intensive research, there is not an effective medicament which can help the patients and this because that the reasons and the causes of the Alzheimer disease are unknown. In fact, certain genetic makeups play a role in the existence of the disease. In addition to this, factors like smoking, stress, the nutrition and even the burdens or loads of the fine dust and aluminium are researched as a potential influence factors.

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