What's the connection between sleep and Alzheimer's disease?
Matt Walker
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<Key Vocabulary>
Write the meaning(s) of each word. Write an example sentence (example sentences) if you need.

(1) dementia          (13) lymphatic
(2) typify            (14) sewage
(3) protein           (15) silver lining
(4) awry              (16) fiendishly
(5) epidemiology      (17) wholesale
(6) insomnia          (18) augment
(7) apnea
(8) snore
(9) causality
(10) evidence
(11) remarkable
(12) cleansing
<Questions>   [Answers]
1. The following statements are true about Alzheimer’s disease except
   a. You will be highly likely to develop it unless you have a healthy life.
   b. It is a type of dementia.
   c. It has a strong relationship with sleep.
   d. In Alzheimer’s disease, some proteins seem to go awry.

2. The following section talks about the protein beta-amyloid. Write “T” if the statement is true and “F” if the statement is false.
   a. It is sticky and toxic.   T
   b. It builds up in the blood.   F
   c. People who sleep less than 7 hours a night have a higher risk of developing high amount of beta-amyloid later in life.   F

3. What are the two sleep disorders that are associated with developing Alzheimer’s disease in late life.
   (1) ______ insomnia ____________________________
   (2) ______ sleep apnea (heavy snoring) ___________

4. Which statement is not true about beta-amyloid?
   a. The amount of it in the brain will increase if you don’t sleep even for just one night.
   b. The amount of it in the brain can be monitored by using special brain-imaging technology.
   c. The amount of it in the blood will gradually decrease as you get used to sleep deprivation.

5. Which of the following is the remarkable discovery made by Maiken Nedergaard?
   a. She found a cleaning system in our body.
   b. She found some proteins are directly related to Alzheimer’s disease.
   c. She found a cleansing system in the brain.
   d. She found even mice can develop Alzheimer’s disease.

6. Which statement is not true about the glymphatic system?
   a. It is named after glial cells, which make up the system.
   b. It encourages the function of the lymphatic system.
   c. It is not always switched on in high-flow volume. across the 24-hour period.
   d. It clears away beta-amyloid while we are sleeping.
7. The speaker says “this discussion may sound perhaps a little depressing.” Why?
   Because we know that as we get older in life, our sleep seems to typically decline, and our risk for Alzheimer’s generally increases.

8. According to the speaker, researchers have been trying to answer the following questions except:
   a. How can we decrease the amount of beta-amyloid in the brain without sleeping?
   b. How can we augment human sleep and improve the quality of deep sleep in midlife?
   c. How can we shift from model of late-stage treatment in Alzheimer’s disease to a model of midlife prevention?
   d. Can we bend the arrow of Alzheimer’s disease risk down by modifying sleep?