

# Latest Research Happening in Wisconsin

## SLEEP ABNORMALITIES AND ALZHEIMER'S

The Alzheimer's Association is committed to changing the course of Alzheimer's for millions through early detection and discovering ways to slow, stop or cure this fatal disease. The Alzheimer's Association awarded Dr. David Plante a 3-year, \$149,997 research grant. Dr. Plante is an Associate Professor of Psychiatry at the University of Wisconsin-Madison and Medical Director of the Wisconsin Institute for Sleep and Consciousness.

"My training is in psychiatry and sleep medicine," Dr. Plante shared. "I often work with patients who have memory problems and struggle with sleep and I wanted to better understand the intersection of Alzheimer's and sleepiness."

### Importance of a Good Night's Sleep

Dr. Plante's research is focused on obstructive sleep apnea and daytime sleepiness in Alzheimer's disease. Both conditions are associated with a greater amount of beta-amyloid, which may increase the risk of developing Alzheimer's.

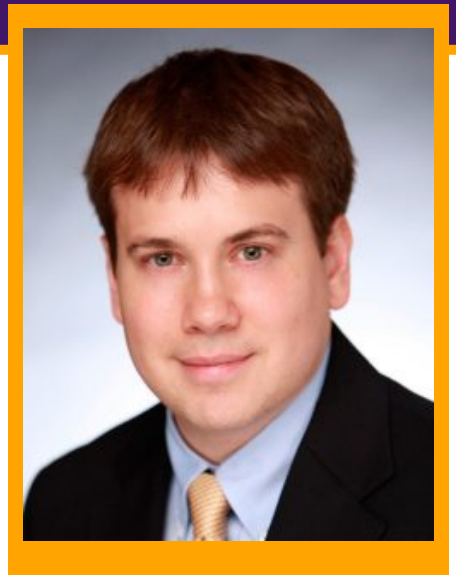
"We know that sleep apnea occurs in 5% of the population and becomes more common as we age," Dr. Plante said. "It is a condition caused by the upper airway collapsing intermittently during sleep. This causes a disruption in your sleep and has a negative impact on the brain and body over time."

The research also looks at daytime sleepiness, which also may increase the risk of developing Alzheimer's. "Excessive daytime sleepiness is a clinical window to what may be going on in the brain," Dr. Plante said. "This research is targeting the pre-clinical phase of Alzheimer's; before individuals are symptomatic. It is during this time that we can develop strategies to reduce risk if we can identify who might benefit."

### Early Intervention

"The overarching goal of this research is to identify those at greatest risk who have sleep apnea or sleep abnormalities and intervene earlier," Dr. Plante said. "Early intervention can make a huge difference in brain health."

The Alzheimer's Association is grateful to have research going on right here in the state and applauds Dr. Plante for his dedication to our mission to end Alzheimer's.



**David Plante, MD, PhD**

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