**Data Spotlight**

Dementia Caregivers Face Sleep Challenges

Research has shown that sleep disturbances are common among dementia caregivers. These sleep disturbances can affect the sleep quality of caregivers and negatively impact their physical and emotional health.

Researchers found that caregiver sleep quality was affected by the severity of the dementia. As the severity of dementia increased, the sleep quality of caregivers declined. Many caregivers reported difficulty falling asleep, staying asleep, and feeling rested.

In addition, caregivers also noted that many causes of these sleep disturbances are modifiable and thus can be improved with interventions.

**Research Roundup**

Dementia Caregivers Face Sleep Challenges

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible.

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**Upcoming Events**

**AAIC 2024**

The Alzheimer's Association International Conference (AAIC) will take place on July 23-27, 2024, in Boston, Massachusetts. AAIC is the world's premier dementia science and clinical practice conference, with more than 750 podium presentations and 4,500 posters focusing on basic science and pathogenesis, biomarkers, clinical manifestations, drug development, and clinical practice.

The conference aims to advance the vision that everyone deserves a life with the healthiest brain possible. The conference is open to the general public, and individuals with dementia, their caregivers, and their families are encouraged to participate.

**Input Requested: World Alzheimer Report Survey**

The Alzheimer's Association is conducting a global survey on attitudes and beliefs about dementia. The survey will be available online from May 1 to May 31, 2024.

This survey is part of the World Alzheimer Report, which is a comprehensive and influential report that provides a snapshot of the global state of dementia. The survey results will be used to inform the report's findings and recommendations.

**Recordings**

Educational programs at the Alzheimer's Association International Conference (AAIC) are available as free online recordings. These recordings provide valuable insights into the latest research and clinical practice in the field of dementia.

Topics covered in these recordings include Alzheimer's disease, other dementias, caregiving, and public health. Each recording is designed to be accessible and informative, providing a valuable resource for professionals and caregivers alike.

**For More Information**

For more information on the Alzheimer's Association and its resources, visit alz.org. To share this resource with caregivers in your community, contact alz.org/empoweredcaregiver.