Title:

Sleep & Cardiometabolic pathways to Cognitive functioning

Author:

Chandra Reynolds

Coauthor:

Lauren Whitehurst

Description:

Poor sleep may be a key pathway linking cardiometabolic and genetic risk factors, such as lipid profiles and APOE, with cognitive change. This project will examine the relationship between self-reported sleep disruption, APOE status and AD PRS, cardiometabolic biomarkers including lipid profiles and BMI, and cognition using data from the CATSLife project. We will test: 1) whether APOE status predicts increased nighttime sleep disturbances and if cardiometabolic risk factors (high LDL, low HDL, BMI, others) exacerbates this effect; 2) if worse self-reported sleep is related to reduced cognitive function; and lastly, 3) if APOE status and cardiometabolic risk factors moderate the relationship between nighttime sleep and cognition. Prior waves of CAP/LTS will be included to adjust for earlier life cognitive performance, sleep indices, and BMI, and the project will focus on current CATSLife data. Progress: Initial presentation by LW at American Psychosomatic Society, Vancouver, BC, March 2019 Plans: Updated lipid assays will be added, in addition to current CATSLife data.

Sample:

CAP, LTS [CATSLife]

Process:

Analyses begun

Start:

2018-07

Last:

2021-06