

# Circadian Rhythms and Sleep in Alzheimer's Disease

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Disturbances in circadian rhythms and sleep are very common in neurodegenerative diseases. Alzheimer's disease is a progressive neurological disorder that leads to cognitive and mental disorders. Although it's largely unclear whether disruptions in circadian rhythms and sleep contribute to Alzheimer's disease or are a consequence of the disease, it is known that these disorders play a significant role in the progression of the disease. According to recent studies, disruption of circadian rhythms occurs in the asymptomatic stage of the disease and can cause nerve damage. Therefore, restoring sleep and circadian rhythms in the preclinical phase may provide an opportunity for early intervention to slow disease progression. Most of the studies on the relationship between sleep/circadian rhythms disorders and neurodegenerative diseases has been done in vitro or on animal models, but in this article, the results of the latest human studies are considered.

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