



Up to **45%** of Alzheimer's disease patients suffer from sleep problems. This increases agitation and the risk of accidents. Sleep deprivation is a significant issue for patients, but also for family and care givers who face sleepless nights and still have to manage their daily life.

My grandfather lived with Alzheimer's disease for at least 12 years and my grandmother looked after him at home. For years, he was wide awake every night and my Nanna became exhausted. Insomnia is definitely an issue for both the person living with Alzheimer's disease and their informal carer.

- Elizabeth Hanson, Vice-President Research, Eurocarers -

4th What If Policy Roundtable

TACKLING INSOMNIA IN ALZHEIMER'S DISEASE: WAKE UP CALL

Event organised under the auspices of Tomislav Sokol MEP (EPP, Croatia)

Tuesday 3 December 2019 | 15.00-17.00

European Parliament | 6Q1 | Brussels

You are cordially invited to an interactive policy roundtable, featuring:

Tineke Mollema, GAMIAN-Europe

Prof Markku Partinen, Helsinki Sleep Clinic, University of Helsinki

Dr Jina Swartz, MSD

Prof Dr Chantal Van Audenhove, LUCAS KU Leuven

Discussion moderated by Joke Jaarsma, European Federation of Neurological Associations (EFNA), European Brain Council (EBC)



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BACKGROUND

Recent research has underlined the bi-directional link between insomnia and Alzheimer's disease (AD). Insomnia and other sleep disturbances are common burdensome complications of AD that may generate agitation, poor functioning, and worsened quality of life among patients, and which substantially impact on caregivers and healthcare systems. Moreover, accumulating evidence suggests sleep disturbances may play an important role in the development of AD from the early stages onwards.

While a number of important national and EU-wide initiatives address dementia, little policy attention has been given specifically to the problems of sleep disturbances in people with AD. This event will therefore aim to:

- Raise awareness of the major burden insomnia imposes on people with AD, carers, health systems and economies, based on an [Evidence Briefing](#) to be presented at the event;
- Shed light on the latest evidence for insomnia as a risk factor for AD progression;
- Identify priorities for EU-level policies and actions.