



## Career Development Award

### Project

«Improving sleep to prevent cognitive decline»

|                       |             |
|-----------------------|-------------|
| <b>Granted amount</b> | CHF 200'000 |
| <b>Starting date</b>  | 1.2.2022    |
| <b>Duration</b>       | 24 months   |



### Main applicant

Dr. Marc Alain Züst  
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### Clinical research on how tones can impact sleep quality

As we age, our sleep quality decreases. This is part of normal aging, but if this decrease becomes severe, it can be a warning-sign of imminent dementia. At the same time, dementia leads to even more decreased sleep quality, leading to faster progression of dementia. This vicious cycle must be broken, and one way to do it could be by increasing sleep quality.

In an ongoing study, we use a technique of presenting quiet sounds to sleeping individuals to boost their sleep quality. First results show that some participants respond well to this treatment, showing increased deep sleep power and better memory. Other participants, however, do not seem benefit from this treatment and may even get disturbed by the sounds.

With this proposal, we want to explore this dynamic and find the optimal way of using sound treatment during sleep as a tool to delay the onset of dementia