F3.4: Severity of Sleep Apnea on Effects of Exercise and Social Activity in Persons with Dementia

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Abstract:
Introduction: The purpose of this study was to quantify if severity of sleep apnea was related to the effectiveness of a 7-week high-intensity exercise and social activity intervention on total sleep time in persons with dementia.

Method(s): A secondary analysis of data from a large, randomized, controlled, multi-site, clinical trial was undertaken (R01 NR 7771; PI: K. Richards). For this analysis, data from those participants (n=31) who were randomized into the full intervention arm were used. Severity of apnea was measured by polysomnography, and was defined using standard guidelines for Apnea-Hypopnea Index (AHI). Pearson’s r test was used to analyze if severity of AHI correlated to the effectiveness of the study intervention.

Results: Severity of apnea as measured by AHI (mean 20.54; SD 17.50) did not correlate with effectiveness of the full exercise and social activity intervention (r = -.09; p = 0.62). Statistically significant and clinically relevant Increases in total sleep time were found in the study participants, regardless of AHI scores.

Discussion & Conclusions: Severity of sleep apnea did not affect the positive outcomes of increases in total sleep time after a 7-week high-intensity exercise and social activity intervention in persons with dementia. Because many persons with dementia also have sleep apnea, these results support the inclusion of participants with dementia and sleep apnea in sleep intervention trials. Further research is warranted to substantiate these findings.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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