



Dose-response associations of device-measured sleep regularity and duration with incident dementia in 82391 UK adults

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Take home: Too little sleep (less than 6.5 hours) and more irregular sleep increase a person's risk for dementia

- Participants who slept less than 6.5 hours per day had about a 20% higher chance of developing dementia, with the risk being about 50% higher for those that slept about 5 hours each day
- Participants who had more regular sleep were less likely to develop dementia compared to those with less regular sleep
- <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-025-21649-z>

