

**Napping and Health.** This would be suitable for Behavioral Health students. It is assumed that napping is a healthy behavior. However, epidemiologic studies have produced mixed results, with the majority of such studies showing negative associations of napping with mortality and health. Causality cannot be inferred from these studies which could reflect ill or moribund people nap more. We believe that our study is the first randomized controlled trial of the effects of repeated napping on health. We are assessing twenty older adults who are at risk for Alzheimers's disease. Following screening and baseline, participants will be randomized to one of two 3-week treatments: (1) daily napping (1 hour/day) or (2) daily quiet rest/reading (1 hour/day). Napping or absence of napping will be measured in participant's home environment with a Z-machine, which measures EEG simply from electrodes placed on the mastoid bones. We are comparing changes in heart measures (ultrasound) and amyloid-beta levels.

For more information:

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