# Dr Dale Bredesen offers strategies to combat cognitive decline in new book



Leading neurologist Dr Dale Bredesen has introduced strategies aimed at combating cognitive decline in his recently released book, "The Ageless Brain." In the book’s final installment, Dr Bredesen highlights the significance of deep sleep and dietary adjustments as essential measures for maintaining memory and enhancing mental agility.

Dr Bredesen explains that sleep serves a crucial role beyond merely providing rest. During sleep, the brain engages in a complex cleaning process, utilising the glymphatic system to filter out waste products and toxic proteins that accumulate throughout the day. The efficiency of this nocturnal clean-up is directly correlated with the preservation of cognitive functions. Dr Bredesen suggests that individuals striving for an "ageless brain" should aim for seven to eight-and-a-half hours of sleep each night, which approximately two-thirds of the population already achieves.

However, merely obtaining this total sleep time does not guarantee adequate cognitive protection. Emerging research indicates that it is during the deep sleep stages that the brain's cleaning mechanisms—particularly the glymphatic system—function most effectively. Dr Bredesen informs readers that deep sleep tends to occur multiple times during the night, primarily in the early phases of sleep, reinforcing the value of an early bedtime.

In his guidance, Dr Bredesen outlines a series of measures to optimise sleep quality. One critical recommendation is to reduce screen time before bed. Screens from televisions, laptops, and smartphones can hinder sleep by engaging the brain unnecessarily and emitting blue light, which suppresses melatonin production, the hormone responsible for inducing sleep. Eliminating screens from the bedroom or incorporating blue-blocking filters is suggested to create a more conducive sleep environment.

Another of Dr Bredesen’s recommendations includes dimming household lights in the evening. He notes that artificial lighting can disrupt natural circadian rhythms. He advises progressively turning off lights as bedtime approaches to aid the transition to sleep.

Establishing consistent bedtimes and avoiding lie-ins, particularly on weekends, is another strategy he champions. Adhering to a regular sleep schedule fosters consistency, which is vital for achieving sufficient deep and REM sleep cycles essential for cognitive health.

Additionally, Dr Bredesen highlights the importance of identifying and treating potential sleep disorders such as sleep apnea, which affects approximately one in five individuals. Symptoms of the condition include loud snoring, gasping during the night, dry mouth upon waking, and daytime sleepiness. He recommends continuous positive airway pressure (CPAP) machines as a primary treatment method.

Regular exercise is also emphasised as beneficial, particularly when performed in the morning or afternoon, to promote more restful sleep. Dr Bredesen advises against exercising close to bedtime due to the potential for elevated adrenaline levels, which may hinder sleep quality.

Dietary practices are another key focus in the guide. Dr Bredesen suggests a predominantly plant-rich, mildly ketogenic diet to enhance brain health. He advises obtaining about 80% of caloric intake from plant sources, including vegetables, fruits, nuts, seeds, and legumes, while avoiding high sugar consumption.

Specific nutrients are highlighted for their cognitive protective properties, such as B vitamins, Vitamin C, Vitamin D, and Omega-3 fatty acids. He notes the significant association between vitamin D deficiency and the risk of dementia, and he encourages individuals to seek out sources of these essential nutrients.

Dr Bredesen also discusses the relevance of gut health in relation to cognitive function. Increasing dietary fibre to at least 30 grams daily supports gut microbiome health and strengthens the connection between the gut and brain.

Finally, the incorporation of meditation is advised for stress management. Meditation has been shown to alleviate anxiety and improve overall mental health. Dr Bredesen advocates for practices such as transcendental meditation and forest bathing to facilitate relaxation and cognitive enhancement.

"The Ageless Brain" is set to be published on March 27, and Dr Bredesen’s recommendations provide a roadmap for anyone looking to maintain cognitive vitality as they age.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.target.com/p/the-ageless-brain-by-dale-e-bredesen-hardcover/-/A-92204367> - This URL supports the claim that Dr. Dale Bredesen has written 'The Ageless Brain,' focusing on preventing neurodegenerative diseases and promoting brain health. It highlights his expertise in neurodegenerative research.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6139794/> - This article explains the role of the glymphatic system during sleep in clearing waste products from the brain, supporting Dr. Bredesen's emphasis on deep sleep for cognitive health.
* <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side> - This resource corroborates Dr. Bredesen's recommendation to reduce screen time before bed, as blue light from screens can suppress melatonin production and hinder sleep quality.
* <https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631> - This webpage supports Dr. Bredesen's advice on identifying and treating sleep disorders like sleep apnea, which can significantly impact cognitive health.
* <https://www.healthline.com/nutrition/plant-based-diet> - This article aligns with Dr. Bredesen's dietary recommendations, emphasizing the benefits of a predominantly plant-rich diet for overall health and cognitive function.