The Influence of Sleep on Cognitive Functioning in Clinical Populations

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Abstract. This article investigates the relationship between sleep and cognitive functioning in clinical populations. It reviews studies that explore how sleep disturbances can affect cognitive processes and discusses interventions to improve sleep quality as a means to enhance cognitive health.

Keywords: Sleep, Cognitive Functioning, Clinical Populations, Sleep Disturbances, CBT-I

Introduction

Sleep is a fundamental component of overall health, playing a crucial role in cognitive functioning. This article investigates the influence of sleep on cognitive processes, particularly within clinical populations. By reviewing recent studies, the article highlights how sleep disturbances can significantly impair cognitive abilities, affecting memory, attention, and decision-making. It also explores interventions aimed at improving sleep quality, such as cognitive-behavioral therapy for insomnia (CBT-I), to enhance cognitive health and well-being. The article emphasizes the importance of addressing sleep issues as part of comprehensive clinical care.

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