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COGNITION, BEHAVIOR AND MEMORY

Sleep hygiene impacts on episodic memories in young and older adults during quarantine by Covid-19: preliminary results

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Sleep benefits off-line memory consolidation. Due to quarantine by Covid-19, sleep routines and sleep quality were affected. Preliminary results from our Lab showed that episodic memory formation is impaired by emotional variables, such as anxiety and depression. We hypothesize that sleep hygiene during quarantine positively impacts memory processes and emotional variables. To test this, we perform a 21-day study. Young and older participants were trained on the episodic memory task (video of neutral content). On day 7 they were tested and half of them began a sleep hygiene program. On day 14, participants were trained in a new episodic task and were tested on day 21. We found that young and older adults that received the sleep hygiene treatment had a positive impact on memory performance. Furthermore, older adults had better performance in memory recognition than young adults independently of the hygiene treatment. Moreover, older adults that received the sleep hygiene treatment showed a positive correlation between the total amount of sleep hygiene activities and the amount of correct recognition as well as a negative correlation with false recognition. We did not found a significant effect on emotional variables. These results demonstrate that sleep hygiene can be an effective tool for young and older adults to improve memory, however one-week treatment is not enough to induce emotional improvements."