

Studies

[Associations Between Biomarkers of Alzheimer's Disease and Sleep in Cognitively Unimpaired Older Adults](#)

In cognitively unimpaired older adults, plasma AD biomarkers were associated with PSG sleep features, especially amyloid- β markers with sleep microstructure. These exploratory, correlational findings suggest that sleep spindles and spectral power may reflect early AD-related biological processes but require replication in larger cohorts.

[Neuropathologic features of cognitively defined Alzheimer's disease subgroups in the Adult Changes in Thought study](#)

Neuropathologic patterns of ADNC and co-pathologies across AD dementia subgroups suggest cognitive phenotyping may inform clinicopathologic studies of AD dementia.

[Why sleep assessment belongs in the memory clinic](#)

This Perspective article examines current approaches to sleep assessment and management within memory clinic and specialized settings across four international contexts. We highlight the absence of systematic approaches to identifying and managing sleep disturbances in this population and propose the need for a pragmatic stepped-care framework to improve detection, guide referral pathways, and support more consistent and personalized care in memory clinic settings.

[Systematic Policy and Evidence Review to Consider How Dementia Education and Training Are Best Delivered in the Social Care Workforce and How Policy Does or Can Enable Its Implementation in England](#)

We found strong evidence for dementia training in care homes but a lack of research in home care. Policy options identified to implement evidence require investment, which could deliver substantial savings across health and social care.

[UK Dementia Trials Network: an expert-informed framework for improving representation in dementia trials](#)

This white paper draws on an international roundtable on Diversity and Inclusion in Dementia Trials, convened by the UK Dementia Trials Network at the Alzheimer's Association International Conference 2025. We determined that key barriers to research participation included geographic distance, financial burden, restrictive eligibility criteria, invasive procedures, and limited study partner support. We also highlight gaps in ethnic diversity and the inadequate integration of sex and gender considerations in trial design and reporting.

[Healthcare use by people with dementia from diagnosis to the end of life: latent class and longitudinal analysis of linked healthcare data](#)

Distinct subgroups and healthcare patterns in two care periods can facilitate proactive, needs-based service provision while potentially reducing emergency hospital use.

[Early blood vessel damage could hold clues to dementia](#)

Research led by Dr Audrey Chagnot, Dr Daniela Jaime Garcia, Dr Conor McQuaid and Dr Axel Montagne (UK DRI at Edinburgh & BHF-UK DRI Centre for Vascular Dementia Research) has uncovered distinct patterns of vascular damage in cerebral small vessel disease (cSVD).

[Published in Acta Neuropathologica](#), the study offers fresh clues about the biological changes associated with stroke and vascular dementia.

[Vitamin D May Benefit People With Mild Cognitive Impairment](#)

The researchers found that study participants who reported taking 5,000 IU or more of vitamin D daily scored 13 percent higher on a widely used test of thinking and memory skills called the Montreal Cognitive Assessment than those who did not take vitamin D or who took lower doses of the vitamin. The researchers considered various factors that may affect cognition, such as age and education levels, and found that higher doses of vitamin D seemed to be independently associated with higher cognitive scores.

[Overweight People with Alzheimer's Disease May Live Longer](#)

The study found that people who were overweight or obese when they learned they had dementia were more likely to live longer than their peers who were of normal weight at the time of dementia diagnosis. Individuals who were overweight, with a body mass index of 25 to 29.9, had a 16 percent lower risk of early death than their normal weight peers. Those considered obese, with a BMI of 30 or over, had up to a 27 percent lower risk of dying prematurely.

Podcasts

[An Alzheimer's breakthrough?—Unexplainable](#)

The past few months have been full of Alzheimer's optimism: new ideas that could prevent the disease from taking hold, medications that seem to slow it down, and an experimental surgery that might even be able to reverse its progression. It's a lot of hype. Should we believe it?

[Living with dementia—The Documentary Podcast](#)

A major new international study predicts that the number of people diagnosed with dementia will more than double by 2050. Researchers at the University of New South Wales in Australia, who led the study, predict that new cases worldwide will rise from some 11 million each year to around 25 million. That increase will not only have an impact on the families affected but also on health and care services. We bring together people with dementia to share their experiences. "If I say I have Alzheimer's, it's like the end of the world but it's not the end of the world," Helen tells us. We also hear from carers, including Amanda who looks after her 91-year-old mother in Ghana. They discuss the stigma around dementia and the pressure it can put on families.

News

[Three quarters of public back NHS funding for Alzheimer's disease treatments](#)

New polling reveals public hope and strong support for the first treatments proven to slow the progression of Alzheimer's disease.

[Alzheimer's Research UK calls for dedicated Dementia Drugs Fund to open route to new treatments](#)

Alzheimer's Research UK is calling on the Government to establish a dedicated Dementia Drugs Fund that would create a route for promising new treatments to reach people who need them the most.

[Could a brain training app improve cognitive function?](#)

A new brain training app shows promise in helping people with MCI live more independently.

[NHS supports record numbers of people living with dementia as target achieved](#)

New NHS figures published show the dementia diagnosis rate for September 2026 met the ambition of 66.7% for the first time since March 2020. The latest figures show 523,081 people have a dementia diagnosis compared to 470,292 people in March 2020 when the dementia target was previously hit.

[New UK trial could more than halve the time it takes to test Alzheimer's treatments](#)

A first-of-its-kind clinical trial has launched in the UK, which could cut years from the search for treatments that work for people with Alzheimer's disease. AD-SMART will test multiple drugs simultaneously, starting with two repurposed medicines already used to treat type 2 diabetes and attention deficit hyperactivity disorder (ADHD). Groups of participants will each begin treatment with a different drug. The study will examine whether these medicines can lessen symptoms such as memory and thinking problems and help people maintain their quality-of-life as the disease progresses.

[Faster dementia diagnosis: inside UKRI's £80 million Dementia Challenge](#)

From blood-based biomarkers to AI-powered tools, discover how 9 innovations are being tested in the NHS to speed up dementia diagnosis.