Discussion

1. Sleep screening tools detect a large percentage of people attending the memory clinic as impaired, in keeping with the published literature. The prevalence of a sleep disorder is as common as a mood or anxiety disorders (40%) where there is clear overlap. They are more common that tests for other reversible causes of dementia (Vit B12, folate, Thyroid function).

2. The ESS, which only tests daytime somnolence did not detect any participants without them also being detected on the PSQI.