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Sleep alterations in the course of aging environmental inputs

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Propositions

1. Long-term, voluntary, regular age-matched exercise leads to a younger brain phenotype (this thesis).
2. Aged mice are affected by environment factors, such as dim-light-at-night exposure, but not as severely as the young, rendering the younger animals more susceptible to environmental changes (this thesis).
3. Slow-wave-activity in the non-rapid-eye movement sleep EEG could be considered a biomarker of brain age that may reflect lifestyle choices (this thesis).
4. Obesity and aging likely comprise synergistic entities, as far as sleep architecture and the sleep EEG slow-wave-activity is concerned (this thesis).
5. Although not fully conceived why, sleep is essential, as Rechtschaffen noted, “if sleep does not serve an absolute vital function, then it is the biggest mistake the evolutionary process ever made.” (Rechtschaffen A.,1971)
6. Mice are an important laboratory tool for sleep research (this thesis).
7. Unlike the circadian clock, sleep patterns differ between aged mice and elderly humans (this thesis).
8. The adult mammalian brain has plastic properties that can be continuously reformed by environmental input (Ming&Song, 2011 and this thesis)
9. Sleep is taking up one third of our lives and gives us the dreams of life.
10. Sometimes lack of action is the worst action of all.
11. Appreciate love & friendship, “it would not be much of a universe if it wasn't home to the people you love” (Steven Hawking).
12. Life has an expiration date; don't care that much about appearances, as the poet says “Don't think no one will be seeing you, vanity will be there to welcome you” (Kiki Dimoula).