

Sleep re-regulation can accelerate aphasia therapy: a perspective

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Editorial

Stroke as the most common vascular disorder is considered the second cause of death through the world in which it is resulted in the cause of different disabilities in the adults.¹ Moreover, sleep is affected subsequent to lesions affecting the central nervous system such as stroke. Also, sleep disorders can interfere in the outcome and recovery of stroke patients.²

Functionally, obviously sleep is associated to cognition structures namely; memory, attention, executive function, learning and, in general, to the mechanisms of neural plasticity, and naturally cognitive impairments are one of the main consequences of sleep deprivation.^{3,4}

Many studies have shown strict relationship between neural plasticity and sleep deprivation in which long sleep loss can jeopardize the execution of neurocognitive and behavioral processes. Then, this fact is worse when one encounters with brain damage. Then, if sleep plays a role in modulating cortical plasticity, rehabilitative programs and techniques should be designed considering how sleep could improve recovery.^{5,6}

One of the consequences following stroke is speech and language disorders that is called aphasia. Aphasia co-occurs with sleep disturbances like sleep apnea and it is suggested accompanying with speech therapy clinicians consider sleep treatment that it may hold the key for improved speech therapy outcomes.

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Conflicts of interest

The author declares o conflict of interest.

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