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**Sleep-related brain atrophy and disrupted functional connectivity in older adults**

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**Highlights**

- Age-related atrophy of brain volume is associated with subjective sleep decline.
- The atrophy of cerebral gray matter mediates the age effect on sleep.
- Older adults exhibit decreased functional connectivity (FC) within the MTL subsystem.
- An association between sleep and FC is found in young but not in older adults.

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