

Applicant

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Project Title

The Impact of Increased Activity, Improved Sleep Quality, and Reduced Sitting on Cognition: An Exploration of for Whom and How

Project Summary

Engaging in regular physical activity (PA), improving sleep quality (SQ) while avoiding excessive bouts of sedentary behaviour (SB) may be a cost-effective strategy to mitigate the deleterious effects of aging and disease on brain health. This grant application proposes to employ the first wave of data collected from the Canadian Longitudinal Study on Aging to determine whether: 1) PA and SB are associated with cognitive performance; 2) this association is evident in both women and men; and 3) these associations change from middle to older age. The results of the proposed study will provide insight into whether PA-based interventions to improve cognition should concomitantly aim to reduce SB and improve SQ.

Keywords

Physical activity, Sedentary behaviour; Sleep quality, Memory, Executive function