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**Project Title**

Examining Sleep, Lifestyle Behaviours, Mental Well-Being and Multiple Chronic Diseases in an Aging Population

**Summary**

Sleep difficulties represent an unmet public health problem, affecting large numbers of older adults in Canada. Poor sleep quality and reduced sleep duration affect over half of older adults, vary markedly by gender and are associated with adverse health outcomes including multiple chronic diseases, mental health problems, lower health-related quality of life and reduced longevity. Sleep habits are multifaceted and can result from complex interactions among socio-environmental, behavioural and psychological factors, as well as the presence of co-morbidities. It is important to identify the main factors that contribute to the sleep-health association. The goal of this project is to investigate the interplay between sleep quality and sleep duration with lifestyle behaviours, mental well-being and the presence of multiple chronic disease diagnoses.

**Keywords**

Sleep, Lifestyle behaviours, Mental health, Multiple diseases, Quality of life