



CLSA Approved Project

Applicant

Dr. Minh T. Do, Public Health Agency of Canada

E-mail Address

minh.t.do@phac-aspc.gc.ca

Project Title

The impact of sleep patterns on health in adults and seniors in Canada

Project Summary

The overall objective of this study is to unveil the statistical relationship between sleep, healthy living and healthy aging using the baseline dataset from the Canadian Longitudinal Study on Aging (CLSA). The study will investigate the inter-relationships among the intrinsic and extrinsic factors related to sleep and multiple adverse health conditions such as cardiovascular, diabetes, obesity, propensity for injury and depression. It will also study the impact of age, sex, marital status, neighborhood characteristics, roadway noise on sleep patterns, and the ability of individuals to cope with sleep disturbances.

Keywords

Sleep patterns; Healthy aging; Sleep disturbances; Chronic disease