

**Applicant**

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**Project Title**

Sleep and its Covariates in the CLSA

**Project Summary**

Sleep is both an important cause, and an important effect of difficulties with health. In the CLSA, there are questions that measure several sleep problems. These include insomnia (both difficulty falling asleep and difficulty staying asleep), daytime sleepiness, restless legs syndrome, and REM sleep behavior disorder (a disorder in which dreams are acted out). We will study these disorders, including their prevalence (how common they are), comorbidities (what other health problems are linked to sleep disorders), physical exam findings (like weight, heart disease, thickening of arteries, walking speed, strength, etc), medication use (both as treatments and potentially also as causes), lifestyle risk factors, overall health measures and quality of life. Separate analyses will be used for each sleep disorder, and for overall sleep satisfaction.

**Keywords**

Sleep, insomnia, somnolence, REM sleep, behavior disorder, restless legs syndrome