

Applicant

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Project Title

Sleep and its covariates in the CLSA - Follow Up

Project Summary

Sleep is both an important cause and effect of difficulties with health. In the CLSA, a sleep module has been included to assess overall sleep quality, sleep duration, and sleep disorders such as insomnia, daytime sleepiness, restless legs syndrome, apnea, and REM sleep behavior disorder. Using the data from the first follow up of the CLSA, the primary objective of this research project is to determine the degree to which sleep disorders predict the development of new health conditions. We will also evaluate how some specific health conditions can affect the development of sleep problems over time. Finally, we will evaluate how sleep disorders are progressing over time in the Canadian population.

Keywords

Insomnia, Apnea, Somnolence, RLS, RBD