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Project Title

Who sleeps well in Canada? An investigation of social and environmental determinants of sleep behaviours in middle-aged and older adults

Project Summary

Sleep problems (short sleep duration and poor sleep quality) affect large numbers of older adults in Canada and worldwide, and are associated with poor health outcomes. Socioeconomically disadvantaged groups (e.g., people with low incomes, ethnic minority groups), and people living in neighbourhoods with high levels of nighttime light, noise, and air pollution may have more problems with sleep. This study will use national data from the Canadian Longitudinal Study on Aging and the Canadian Urban Health Research Consortium to examine socioeconomic and environmental determinants of sleep behaviours. This project will identify groups of people who do not sleep well in Canada. Information from our study can be used to inform public health interventions to improve sleep for people in these groups

Keywords

Sleep, Social determinants, Environmental determinants