



Sleep and Older Adults

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Physical Activity, Sleep and Quality of Life in Older Adults: Influence of Physical, Mental and Social Well-being

<https://www.tandfonline.com/doi/abs/10.1080/15402002.2019.1690493>

Physical activity and sleep quality have been consistently associated with quality of life in a few clinical and non-clinical populations. The purpose of this study was to longitudinally test a model examining how changes in physical activity and sleep quality predict physical, mental, and social well-being and global QoL across a 6-month exercise trial in a sample of healthy older adults. (PAID ACCESS)

Sleep Quality and Physical Activity as Predictors of Mental Well-being Variance in Older Adults During COVID-19 Lockdown: ECLB COVID-19 International Online Survey

<https://www.mdpi.com/1660-4601/18/8/4329>

This study investigated whether sociodemographic variables, changes in physical activity, and sleep quality from pre- to during lockdown were predictors of change in mental well-being in quarantined older adults. (OPEN ACCESS)

Associations of Sleep Characteristics with Cognitive Function and Decline Among Older Adults

<https://academic.oup.com/aje/article/188/6/1066/5318689?login=true>

Observational and experimental studies have found associations between sleep and cognitive function. This study examined whether self-reported and actigraph-measured sleep are associated with cross-sectional cognitive function and five-year decline. (OPEN ACCESS)

Effects of Music Intervention on Sleep Quality of Older Adults: A Systematic Review and Meta-Analysis

<https://www.sciencedirect.com/science/article/pii/S0965229921000601>

Music interventions have several benefits for sleep quality. However, the effect of music interventions on sleep quality in older adults is controversial. This study summarized and evaluated the efficacy of music interventions on sleep quality in older adults. (OPEN ACCESS)

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Assessing Psychometric Properties of the PROMIS Sleep Disturbance Scale in Older Adults in Independent-Living and Continuing Care Retirement Communities

<https://pubmed.ncbi.nlm.nih.gov/30670160/>

The Patient-Reported Outcomes Information System (PROMIS) Sleep Disturbance Scale was designed to assess self-reported general sleep and sleep disturbance. This study aimed to validate the short-form PROMIS Sleep Disturbance Scale for use among older adults living in independent living and continuing care retirement communities. (OPEN ACCESS)

Associations Between Sleep Quality, Frailty, and Quality of Life Among Older Adults in Community and Nursing Home Settings

<https://www.mdpi.com/1660-4601/20/6/4937>

Poor sleep quality is prevalent among older adults, but limited data document associations between frailty and quality of life comparing individuals living in the community with those in nursing homes. This cross-sectional study examined how sleep quality is affected by social, environmental, and biological factors that can help improve sleep quality and potentially the quality of life of older adults. (OPEN ACCESS)

Exercise Improves Sleep Quality in Older Adults: A Protocol for A Systematic Review and Meta-Analysis

<https://bmjopen.bmj.com/content/12/1/e047555.abstract>

Exercise has been reported as an alternative strategy for people with sleep disturbances. However, this topic has yet to be systematically reviewed for older adults. This study was conducted to provide a protocol to systematically evaluate the effects of exercise on sleep quality in older adults. (PAID ACCESS)

Effects of Exercise on Sleep in Older Adults: An Overview of Systematic Reviews and Meta-Analyses

<https://journals.humankinetics.com/view/journals/japa/30/6/article-p1101.xml>

This study sought to systematically analyze reviews of randomized clinical trials that investigate the overall effect of exercise and different types of exercise on sleep in older adults. (PAID ACCESS)

Walk to A Better Night of Sleep: Testing the Relationship Between Physical Activity and Sleep

<https://pubmed.ncbi.nlm.nih.gov/31358470/>

Physical activity (PA) shows promise for improving sleep; however, populations with clinical sleep disturbances have been a research focus. This study was embedded within a four-week randomized controlled trial to increase PA and determine whether low-impact PA can affect sleep in healthy adults. (PAID ACCESS)

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Assessment of Sleep and Sleep Disorders in Geriatric Patients

<https://pubmed.ncbi.nlm.nih.gov/31863167/>

This review presents a concise overview of assessment tools for sleep disorders widely used in sleep medicine. It discusses the suitability and limitations of geriatric patients and subjects with dementia. (PAID ACCESS)

Normal and Abnormal Sleep in the Elderly

<https://pubmed.ncbi.nlm.nih.gov/34210444/>

This article describes normal sleep in general, the clinical assessment of sleep complaints, and expected changes with aging, with an overview of the epidemiology of insomnia and sleep apnea in this age group. (PAID ACCESS)

Sleep Patterns and Physical Function in Older Adults Attending Primary Health Care

<https://pubmed.ncbi.nlm.nih.gov/32820329/>

Sleep disturbances may contribute to physical function impairment among older adults. This cross-sectional study examined the associations between sleep quality, duration, and impaired physical function among older adults. (PAID ACCESS)

Effects of Physical Activity Programs on Sleep Outcomes in Older Adults: A Systematic Review

<https://pubmed.ncbi.nlm.nih.gov/32024532/>

This systematic review aimed to systematically review the impact of physical activity programs on sleep in generally healthy older adults aged 60+ years. (PAID ACCESS)

Light Therapy for Sleep Disturbances in Older Adults with Dementia: A Systematic Review, Meta-Analysis, and Meta-Regression

<https://pubmed.ncbi.nlm.nih.gov/35180479/>

This review synthesizes available evidence on the effectiveness of light therapy in reducing sleep disturbances among older adults with dementia. (PAID ACCESS)

The Relationship Between Diet and Sleep in Older Adults: A Narrative Review

<https://pubmed.ncbi.nlm.nih.gov/34125418/>

Diet is a modifiable lifestyle factor that may influence sleep outcomes in older adults. This review explores the current literature investigating the impact of a diet on older adults' sleep quality, including foods and nutrients. (PAID ACCESS)

Music Improves Sleep Quality in Older Adults

<https://pubmed.ncbi.nlm.nih.gov/15660547/>

This paper aims to report an investigation of the effects of soft music on sleep quality in older community-dwelling men and women in Taiwan. (OPEN ACCESS)