

Associations of Multidimensional Sleep Health with Subjective Age and Perceptions of Aging

Grace Lynch & Caitlan A. Tighe, PhD, Department of Psychology, Providence College



Conclusions: In a sample of older adults, worse multidimensional sleep health was reported by individuals who felt older than their chronological age and was associated with more negative perceptions of aging.

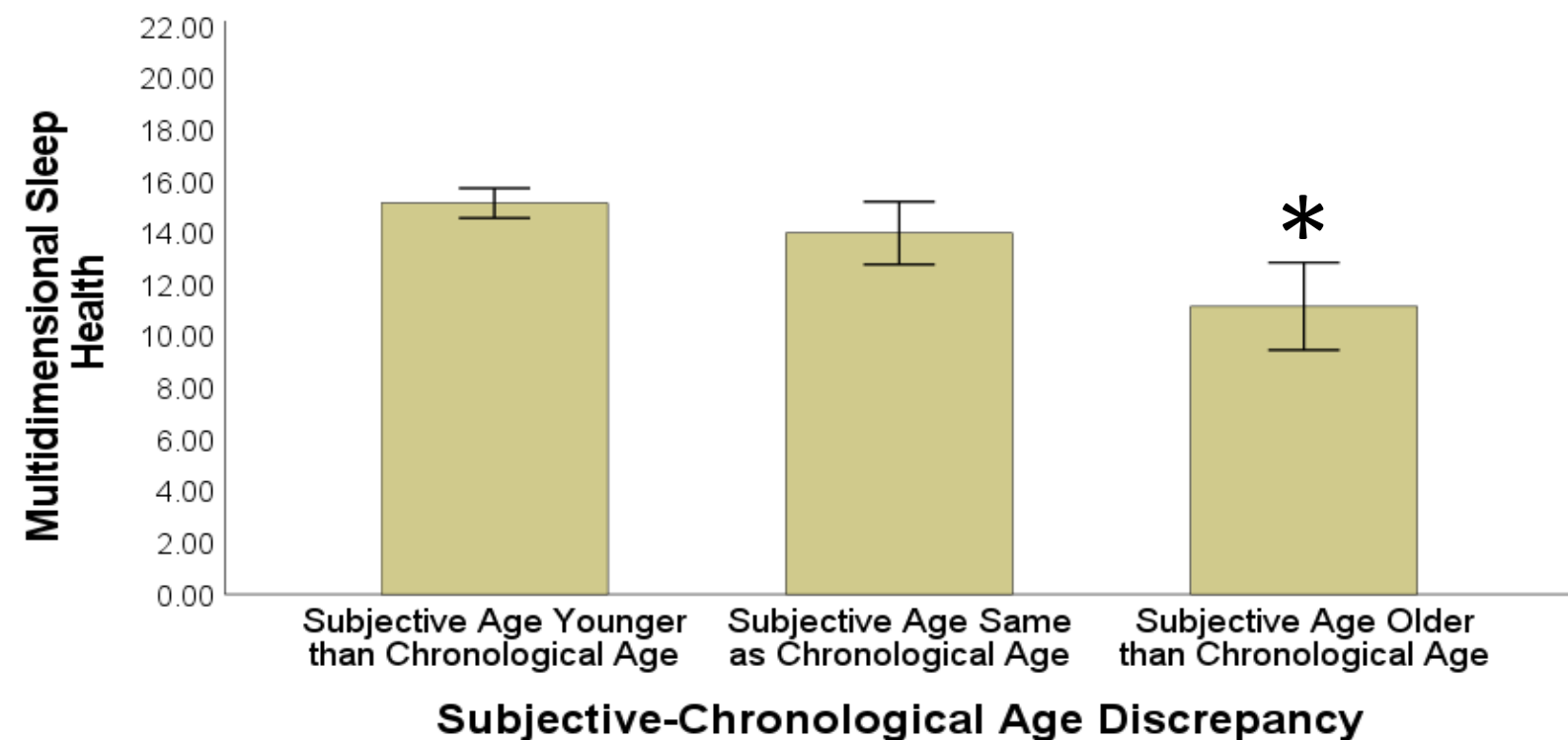
Research Questions

1. Are there differences in multidimensional sleep health between older adults who feel younger, older, or the same as their chronological age?
2. Is there an association between multidimensional sleep health and perceptions of aging in a sample of older adults?

Method

- 242 adults age ≥ 65 years ($M = 69.5 \pm 4.27$) were recruited via Prolific and completed questionnaires (demographics, Ru_SATED, Aging Perceptions Questionnaire, subjective age) online at a single timepoint
- Most participants identified as women (62.8%), not Hispanic or Latino (97.9%), & White (88.8%)
- One-way ANOVA and Pearson correlations examined associations of multidimensional sleep health with subjective age and aging perceptions

Results



- Worse sleep health significantly associated with more constant awareness of aging ($r = -.13$, $p = .02$) & more negative beliefs about aging ($r = -.22$, $p < .001$)
- Better sleep health significantly associated with less negative emotional responses to aging (e.g., anxiety, depression, worry; $r = -.25$, $p < .001$), greater feelings of control over aging ($r = .21$, $p < .001$), & more positive beliefs about the impact of aging ($r = .22$, $p < .001$)

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