



## Fatigue/sleepiness and important aspects of sleep restoration improve across aging

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### Conclusion

Aging has negative effects on sleep quality but positive effects on fatigue and sleepiness and on restorative aspects of sleep.

### Introduction

It is assumed that sleep and alertness deteriorate across aging, but very little longitudinal data are available. The present work tested the suggested assumptions.

### Methods

The WOLF cohort, with 6500 individuals and three measurements was used for analysis of change between the first (T1) and last (T3) measurement (12 years in between) and for three age groups (at baseline): 19-34, 35-50 and

51-70 years – all working at T1. Sleep/fatigue was measured through the Karolinska Sleep Questionnaire (KSQ 15 items with problems occurring never-almost every day of the week, scored 1-6). The data was subjected to a repeated measures ANOVA with age groups as between-groups factors.

### Results

Sleep quality worsened significantly across 12 years in all 3 age groups (see fig) and was higher in older age groups. Nonrestorative sleep improved significantly across the 12 years and was lowest in the highest age group. Fatigue and sleepiness both decreased across 12 years and was lowest and highest, respectively, in the oldest group. All p-values <.001.

