



# The change in sleepiness across 10 years of aging and its relation to changes in polysomnographic variables

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## Conclusion

The results suggest that sleepiness and fatigue decrease across 10 years of aging., whereas PSG indicator of TST increase slightly and those of sleep discontinuity decrease somewhat or do not change. The results differ from the impression from cross sectional studies of age groups, possibly because of cohort (generation) effects of the latter.

## Background

Sleepiness and fatigue seem to increase with increasing age, while PSG-based sleep duration decreases and indicators of impairment increases. It is not known whether similar changes are seen across time in aging. This study addressed this topic across 10 years of aging in women with a focus on PSG indicators of sleep impairment.

## Methods

The present study used a community-based cohort of 400 women (age 22-72 years) recorded twice with 10 years in between. Sleepiness/fatigue was rated, and polysomnography (PSG) recorded twice with 10 years in between. Of the 400 women 127 did not participate in the second recording for reasons of health, having died, having moved, or similar reasons and therefore 273 women remained.

## Results

Sleepiness and fatigue decreased significantly across 10 years, whereas TST increased significantly, N1% decreases significantly and awakenings/h did not change. No correlation was seen between changes in ratings and changes in sleep parameters.

