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## **Sleep Quality and Its Association with Depression in Older Adults: A Cross-Sectional Study**

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Poor sleep quality is prevalent among older adults and often coexists with depressive symptoms. This study analyzed 300 elderly participants using standardized sleep questionnaires and depression scales. Results showed that 55% had poor sleep quality, which was significantly correlated with higher depression scores ( $p < 0.001$ ). Multivariate analysis identified sleep disturbances as an independent predictor of depression.

Improving sleep hygiene may serve as an intervention to reduce depressive symptoms in the geriatric population.

### **Biography**

Kenji Takahashi specializes in geriatric psychiatry and sleep medicine. He has authored numerous papers on sleep disorders and mental health in elderly patients and actively participates in community outreach programs.