

# *The Effect of Sleep Disorders on the Quality of Life of Older Adults*

Over the past 50 years, increases in life expectancy combined with reduced fertility rates have led to a rapidly ageing population in most countries around the world. Many older adults suffer from insufficient sleep, or poor sleep quality, which can have wide-ranging impacts on their overall health, safety, and well-being.

Healthcare costs related to sleep disorders are large and diverse, and can originate from doctor's visits and prescriptions, as well as depression, illness, and increased likelihood of accidents. In fact, large cohort randomized studies have shown that lack of sleep is associated with an increased incidence of depression, cognitive decline, frailty, falls, and nursing home placement. Furthermore, sleep disorders have been associated with a number of chronic diseases including stroke, cardiovascular disease, diabetes, and arthritis, to name just a few, and individuals with sleep disorders are at greater risk of developing comorbidities. Therefore, the early detection of sleep disorders and appropriate advice on sleep hygiene is an important part of the care of older adults in order to maintain their health, independence, and quality of life.

*Healthy Aging Research* invites submissions of original research articles (including systematic reviews and meta-analyses) that provide insights into sleep disorders in older adults. Topics of interest for this special issue include, but are not limited to, the following:

- Genetic risk factors
- Gender and/or ethnicity factors
- How sleep patterns in midlife can affect health in older age
- Comorbidity with chronic disease
- Novel pharmaceuticals and/or alternative medical treatments for sleep disorders
- Policy and community health care recommendations



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