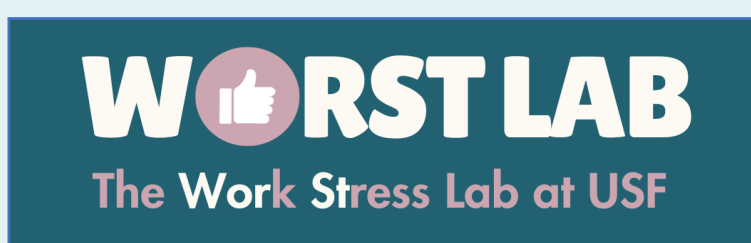


PRESENTER

Neha Dewansingh



Work to Retirement: Examining the Role of Retirement in the Association between Awareness of Aging and Sleep Health


Past research shows health benefits for awareness of aging, but we find it presents a risk for sleep health


Retirees are especially vulnerable to the surprising sleep risks that come with awareness of aging


Background


Adequate sleep is essential for all ages, particularly older adults, as poor sleep can lead to physical and cognitive impairments. **Awareness of aging (AoA)** can promote health behaviors, but its link to sleep may be more complex. Retirement can affect both sleep and AoA, and their relationship may vary by retirement status. **Grounded in the Ru-SATED model, we created a self-report composite of sleep health across multiple dimensions (i.e., regularity, satisfaction, alertness, efficiency, and duration).**

Methods & Analyses

 668 adults (Average Age = 63 years) with 26.8% retirees and 73.2% non-retirees.

 Self-report questionnaires obtained using archival data from the Midlife in the United States study (MIDUS III).

 The sleep health composite based in Ru-SATED was created.

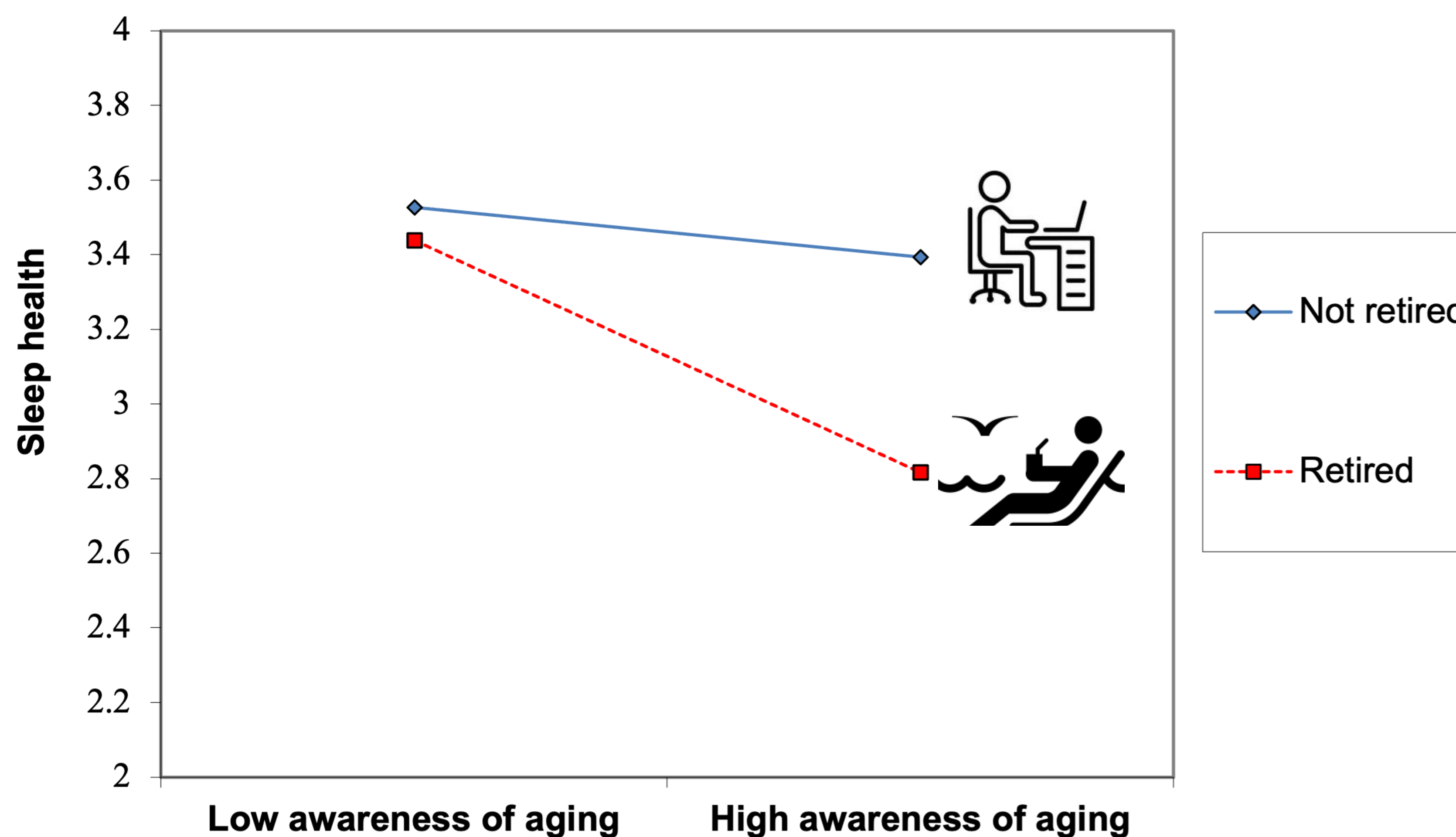
 10 Awareness of Aging variables (declining mental capacity, little energy, limited activities, etc.) were used to standardize a scale for awareness of aging.

Results


- **The association between awareness of aging and sleep health was moderated by retirement:**
- **Higher** AoA was associated with **worse** sleep health ($B=-0.256$, $SE=0.083$, $p=0.002$).
- Retirees have **more pronounced** risks of **worse** sleep health when awareness of aging is **high** ($B=-0.418$, $SE=0.178$, $p=0.019$).

Moderation Model

Simple Slopes for Awareness of Aging and Sleep Health



Non-retirees



↑ Disruptions in Sleep Health

Retirees



↑↑ Disruptions in Sleep Health

