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OBJECTIVE SLEEP DURATION AND HEALTH IN ELDERLY RUSSIANS

Running Head: *Objective sleep duration and health*

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ABSTRACT

Objectives - We examine the relationship between sleep duration and health in the high mortality context of Russia.

Methods - Night and daytime sleep durations are based on self-reports and 24-hour heart rate trends (Holter monitoring). The sample of 201 individuals (Holter data for 185) is drawn from the Moscow Lipid Research Clinics cohort, followed up since 1975-77. Field-work occurred in 2002-03.

Results - Although objective and reported mean sleep are similar, there are significant intra-individual differences. Significant associations are found between objective sleep and health: longer sleep corresponds to lower grip strength, poorer self-rated health and immediate recall, and higher mortality risk score. No significant relationships are found for subjective sleep.

Conclusions - We provide the first evidence of an association between long sleep and worse health outcomes among elderly Russians. Predictive power increases if objective sleep measures are used, a consideration which is especially important in small studies.