F3.0: Health Care Challenges of the Next Decade: Sleep Disturbance in Older Adults

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Overview: The National Sleep Foundation Survey (2003) found that 24% of older adults ages 65-84 years have four or more diagnosed comorbidities. Eighty percent of this population report having a sleep problem. Poor sleep quality, fragmented sleep, insomnia symptoms and obstructive sleep apnea are common healthcare challenges in older adults. Coronary heart disease, dementia and cancer increase exponentially with age and are associated with sleep disturbance. Consequently, this symposium presents descriptive sleep findings in older adults with these three comorbidities.