1. a. Full Title: Sleep Patterns in Healthy Older Adults
   b. Abbreviated Title: Sleep in older adults

2. Writing Group:
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3. Timeline:

   After all baseline sleep data is collected.

4. Rationale:

   Older adults have been found to have longer sleep latency, more frequent arousals and
   less stage 4 sleep. The purpose of this paper is to describe sleep quality in healthy older adults.

5. Main Hypothesis:

   Sleep quality is similar in older versus younger adults when health status is similar.

6. Data (variables, time window, source, inclusions/exclusions):

   Population: SHHS participants with RDI lowest quartile. Age 65+ versus age 65.
   Data: Age; Self-reported health; Depression score; Gender; Diabetes; CVD status;
         Hypertension; Medications; Alcohol intake.
SHHS variables: Sleep latency; Time in each stage; Arousals; Total sleep time; Number of cycles; Sleep quality.