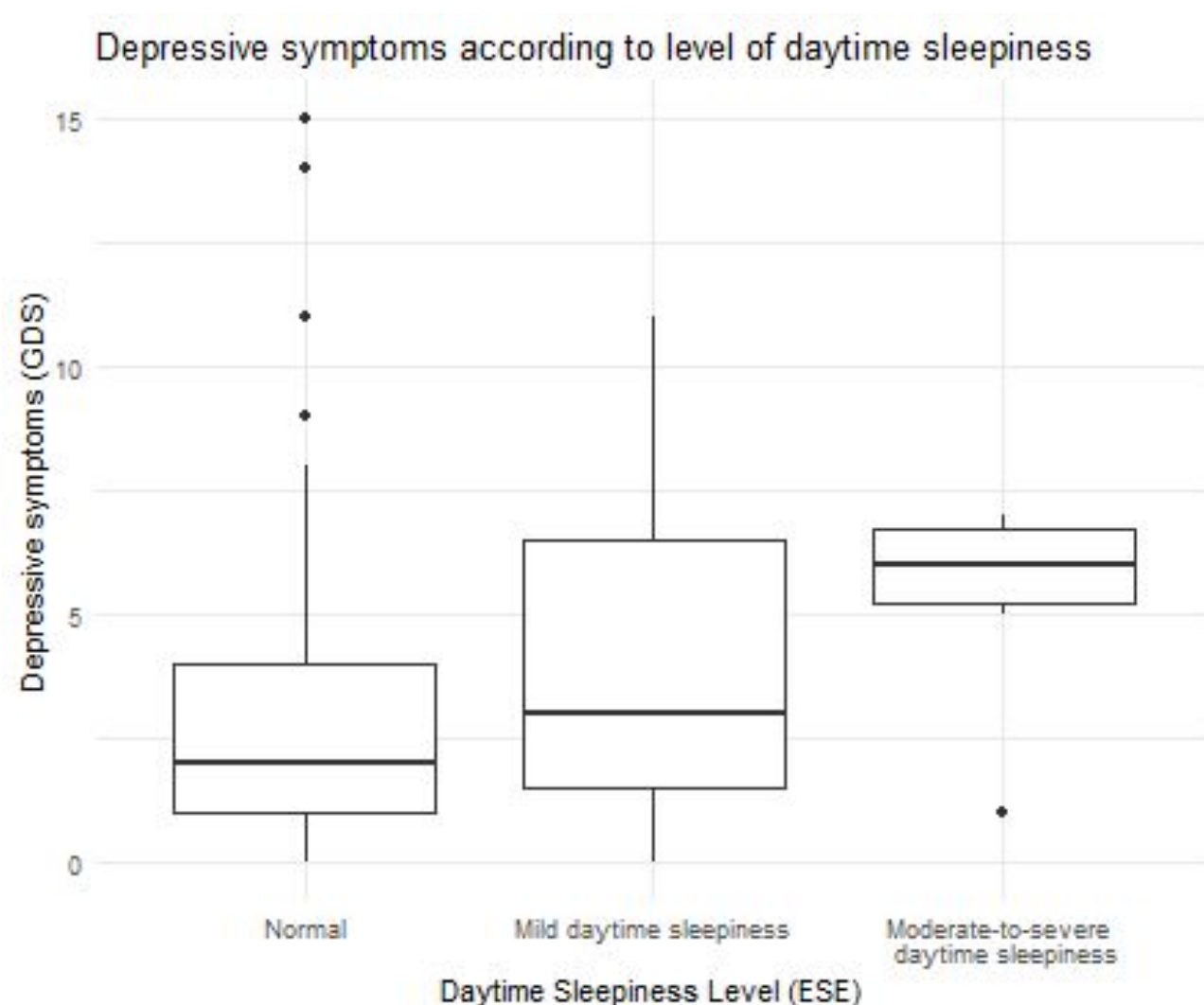
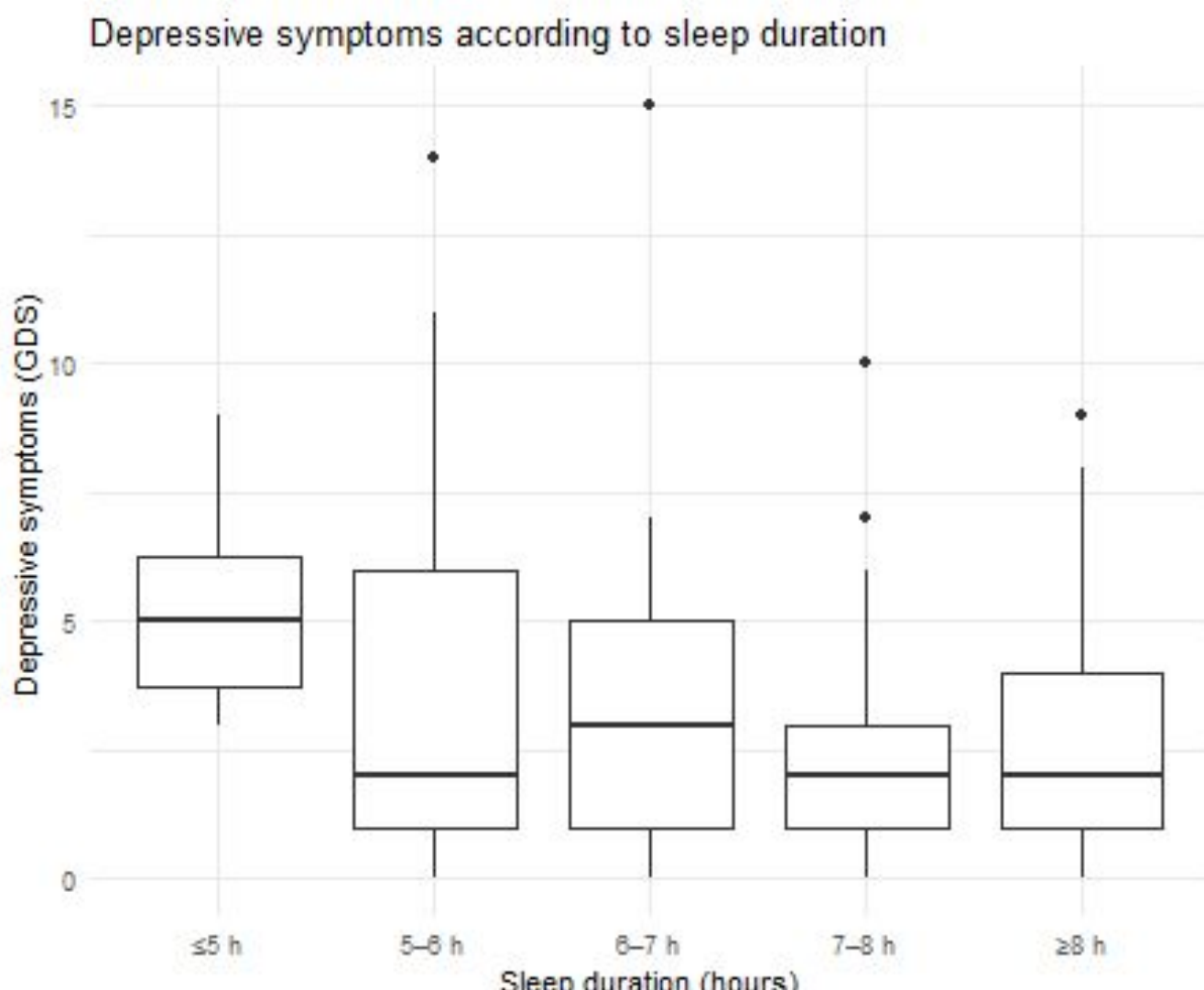


Associations Between Sleep Duration, Daytime Sleepiness, and Depressive Symptoms in Older Adults

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Sleep duration; daytime sleepiness; depressive symptoms; older adults

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	
Sleep disturbances and excessive daytime sleepiness are highly prevalent among older adults and are frequently associated with poorer mental health outcomes. Reduced sleep duration and impaired sleep quality have been linked to depressive symptoms, negatively impacting quality of life and functional independence. This study aimed to examine the relationships between sleep duration, daytime sleepiness, and depressive symptoms in a sample of community-dwelling older adults.	A cross-sectional study was conducted with 144 adults aged 60 to 89 years (mean age = 69.07 years, SD = 6.98), of whom 80.5% were women. Participants completed a sociodemographic questionnaire and self-report measures, including the Epworth Sleepiness Scale (ESS) to assess daytime sleepiness and the Geriatric Depression Scale (GDS) to evaluate depressive symptoms. Average nightly sleep duration over the previous month and perceived sleep quality were also recorded.	Most participants showed normal levels of daytime sleepiness (85.4%), while 10.4% presented marginal sleepiness and 4.2% excessive daytime sleepiness. Daytime sleepiness was positively correlated with depressive symptoms (Spearman's $\rho = 0.23$, $p < 0.01$), indicating that higher levels of sleepiness were associated with greater depressive symptomatology. 	Subjective sleep duration was negatively correlated with depressive symptoms ($\rho = -0.24$, $p < 0.01$), suggesting that fewer hours of sleep were related to higher depression scores. No significant association was found between sleep duration and daytime sleepiness ($\rho = -0.08$, $p = 0.37$). 	These findings highlight significant associations between sleep-related variables and depressive symptoms in older adults. Increased daytime sleepiness and shorter sleep duration were linked to higher levels of depression. The results underscore the importance of incorporating sleep assessment into mental health screening and intervention strategies for older populations. Further longitudinal research is needed to clarify causal relationships. quianmariadelrosario@gmail.com CONICET  Instituto de Neurociencias Buenos Aires ALZHEIMER'S ASSOCIATION AAIC 26