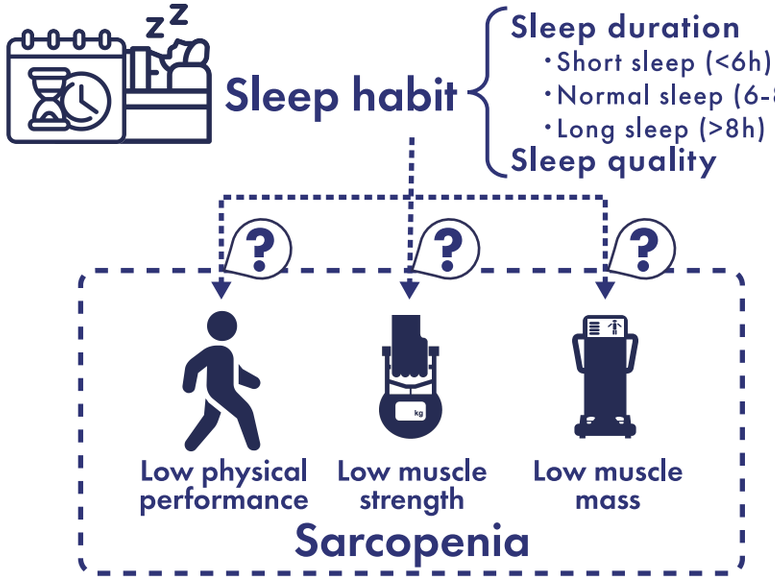
Tsuruoka Metabolomics Cohort Study

The association between sleep parameters and sarcopenia in Japanese community-dwelling older adults

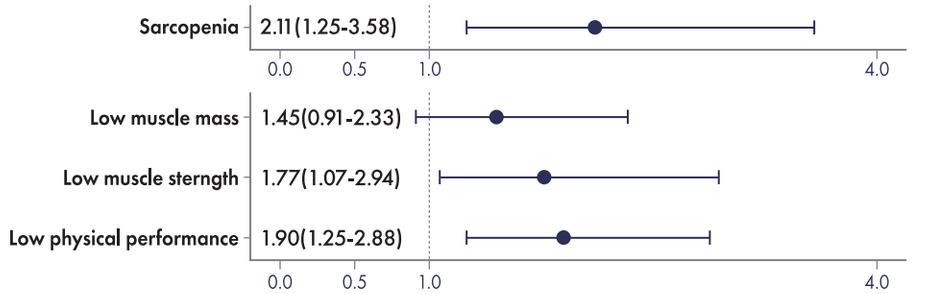
STUDY QUESTION

To examine the association between sleep duration and quality and sarcopenia, assessed by factors such as low muscle mass, low muscle strength, and low physical performance.

Few studies have investigated which components of sarcopenia have stronger associations with sleep quantity.

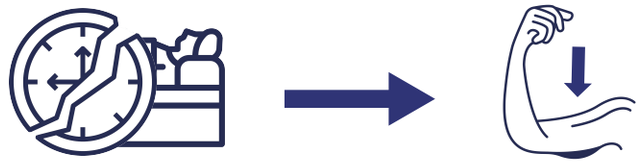


2,069 older adults (≥65 years old) from the Tsuruoka Metabolomics Cohort Study Wave 3 (**902**men + **1,167**women).



The odds ratio and 95%CI for long sleep compared to normal sleep as the reference

Long sleepers (>8h) had a positive association with sarcopenia. In particular, long sleep was strongly associated with low muscle strength and low physical performance.



Low sleep quality **Low muscle mass**

In normal sleepers (6-8h), poor sleep quality was associated with sarcopenia, particularly with low muscle mass.

KEY MESSAGE

Long sleep (>8h) was associated with sarcopenia, including low muscle strength and low physical performance; even with 6-8 hours of sleep, low sleep quality was associated with sarcopenia, especially low muscle mass.

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