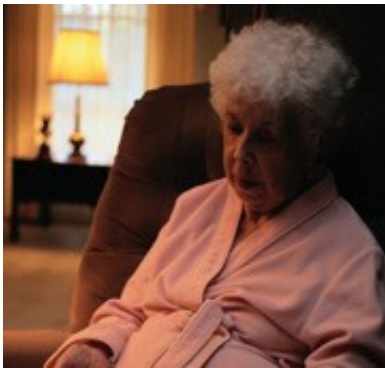


Sleep-disordered breathing linked to functional decline

December 6 2014



For older women, sleep-disordered breathing is associated with functional decline, according to a study published in the November issue of the *Journal of the American Geriatrics Society*.

(HealthDay)—For older women, sleep-disordered breathing (SDB) is associated with functional decline, according to a study published in the November issue of the *Journal of the American Geriatrics Society*.

Adam P. Spira, Ph.D., from the Johns Hopkins Bloomberg School of Public Health in Baltimore, and colleagues conducted a [prospective cohort study](#) involving 302 women (mean age, 82.3 years) to examine the correlation between SDB and decline in [instrumental activities](#) of daily living (IADLs). Participants completed a single night of unattended polysomnography. They also provided data relating to difficulty with IADLs and mobility, and repeated these measures five years later.

The researchers found that, compared to women with an apnea-hypopnea index (AHI)

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