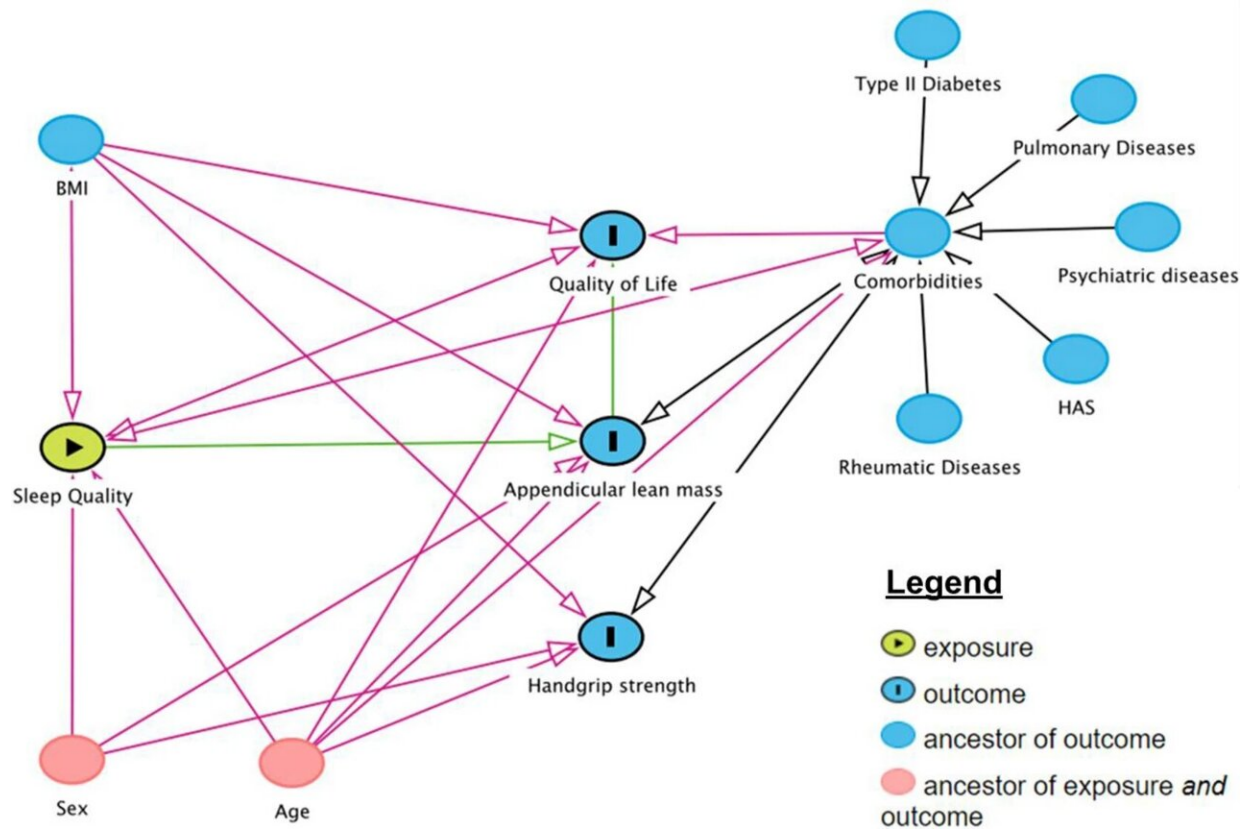


# Poor sleep quality worsens health problems in obese older people, study shows

October 10 2023, by Julia Moióli



Direct acyclic graph of the association between sleep quality and appendericular lean mass (ALM), handgrip strength and quality of life. BMI: body mass index. Data is presented as individual data, mean, and standard deviation. \*Indicates P

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