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 appendicular 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

Citation: Poor sleep quality worsens health problems in obese older people, study shows (2023, October 10) retrieved 18 October 2023 from https://medicalxpress.com/news/2023-10-poor-quality-worsens-health-problems.html