

# Summarize the article

[Science](#), [Biology](#)



Citation Raj Pathak SN, LIO Y, Ben-David O et al Lifestyle factors of people with exceptional longevity. Journal of the American Geriatrics Society 59: 1509-1512.

### Hypothesis

The authors hypothesized that there was a link between pain severity and distribution in relation to sleep difficulty in older persons.

### Description of study

The authors recruited study participants door to door based on a simple random selection to enable the research to be more sufficient. The researchers then used Brief Pain Inventory (BPI) in assessing individuals with other pain. A questionnaire was used to measure pain distribution. The Study eligibility criteria used by the researchers included and ability to walk 20 feet without personal assistance, individuals aged 70 and above, ability of the participants to understand and communicate in fluent English and their plans to stay in the area for two years (Chen, 2011).

### Results and Conclusion

The authors found that sleep difficulty are common in older individuals and are significantly associated with more severe and disseminated pain. This study rather did not find that pain severity was associated with age but recognized that more research is needed to develop effective interactions for these prevalent and co-occurring disabling conditions. Furthermore Dysfunction of the hypothalamic pituitary- adrenal axis was found to be associated with greater risk of developing chronic widespread pain (Qian, 2011).

### Significance and implications

This study showed that, after adjustment for use of psychotherapeutic medications and the daily anesthetics, the connotation between pain and sleep difficulties decreased modestly. A number of mechanisms like Chronic pain characteristics maybe an important factor contributing to the sleep difficulties amongst aged and may need to be added to pain assessment in older persons. The medications prescribed for chronic pain and prompting sleep have analgesic and sedating effects.

#### Work cited

Chen, Qian, et al. " Characteristics of chronic pain associated with sleep difficulty in older adults: The Maintenance of Balance, Independent Living, Intellect, and Zest in the Elderly (MOBILIZE) Boston study." *Journal of the American Geriatrics Society* 59. 8 (2011): 1385-1392.