

**60****60****Heliyon 5 31****Association between dysphagia risk and sleep quality in community dwelling older adults : A cross-sectional study****Yohko Hama^{1,*}, Sachiko Yamada², Rumi Nishimura², Mitsuyoshi Yoshida³, Kazuhiro Tsuga¹, Emi Monta^{4,5}, Yudai Tamada^{6,7}, Yasufumi Kato⁶, Yoko Kubo⁶, Rieko Okada⁶, Mako Nagayoshi⁶, Takashi Tamura⁶, Asahi Hishida⁶, Kenji Wakai⁶ and Manko Naito²**

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				J-MCC study			
	2012	2	2015	3	2	60	
	3,058						
					(DRACE)		
		PSQI J					
	3,058	1,633	1,425		66.5± 4.2		
28.0		19.1					
				1.98	95%	1.38	
2.83		1.69	1.29	2.20	1.88	1.20	2.94
		1.39	1.00	1.92	6	1.47	1.02
2.14							

□

PSQJ

0

1 3

2.10 1.62

2.71

2.04 1.40 2.46

PSQJ

(DRACE)

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PSQIJ

18

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