

**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)

12

PSQIJ

18

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