Chronic pain and poor sleep, two notable public health challenges, are highly comorbid. Aging-related changes render older adults particularly vulnerable to these comorbid conditions. Although pain can disrupt sleep, more recent evidence underscores inflammation pathways linking inadequate sleep to amplified pain. This presentation will focus on related evidence from cross-sectional and behavioral sleep intervention studies of older adults. Implications for understanding pain, and advancing public health approaches to chronic pain management, will be discussed.

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**Assorted wraps will be available while supplies last. Bring your own beverage.**

ASL interpreters or other accommodations are available upon request. Contact Jennifer VanRy @ Jennifer_vanry@urmc.rochester.edu or 224-2061 with requests and/or questions.

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