

12 - 14 June 2026

Tokyo , Japan

The Impact of Dietary Habits, Sleep Habits, and Regular Sleep Behavior on Daytime Mental Status in Older Adults

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Abstract

This study examined the effects of dietary habits, sleep habits, and regular sleep behavior on daytime mental status among older adults, while also analyzing differences across demographic variables such as gender, age, education level, and marital status. With modern lifestyle changes, behaviors such as staying up late, irregular schedules, bedtime use of electronic devices, and consumption of stimulating beverages have become increasingly common and may negatively affect sleep quality and daytime functioning. However, limited research has simultaneously investigated the combined influence of these lifestyle factors. A questionnaire survey was conducted using convenience sampling, yielding 245 valid responses from middle-aged and older adults. Research instruments included scales measuring dietary habits, sleep habits, regular sleep behavior, and daytime mental status. Data were analyzed using independent samples t-tests, one-way ANOVA, Pearson correlation, and multiple regression analysis. Results showed that poor dietary and sleep habits were significantly positively correlated with poor daytime mental status, while regular sleep behavior was significantly negatively correlated, indicating a protective effect. Poor dietary habits demonstrated the strongest predictive power, followed by poor sleep habits. The regression model explained 20.6% of the variance. Unmarried individuals and those with higher education levels reported more pronounced poor sleep habits, and males showed significantly poorer daytime mental status than females. These findings highlight the importance of promoting healthy dietary and sleep behaviors to improve daytime mental functioning in older adults.

Keywords: Dietary Habits, Sleep Habits, Regular Sleep Behavior, Daytime Mental Status in Older Adults