

method to measure real-time respiration in smaller organisms. These data provide preliminary evidence for utility of the system for a variety of biomedical applications that relate to organismal and mitochondrial function/dysfunction, including research in the basic biology of aging in these highly-utilized, pre-clinical, genetic model organisms.

PERSONAL SELF-MONITORING DEVICES TO IMPROVE SLEEP AMONG OLDER PEOPLE: A FEASIBILITY STUDY

Raeann G. LeBlanc,¹ Maral Torossian,¹ Paige Czarnecki,¹ Rebecca Spencer,² Cynthia Jacelon,¹ and Jenna Marquard¹, 1. *University of Massachusetts Amherst, Amherst, Massachusetts, United States*, 2. *University of Massachusetts, Amherst, Massachusetts, United States*

Chronic sleep disturbances reduce physical and mental health and affect over 8 million people age 65 years and older in the United States. There is evidence that use of a wearable Personal Self-Monitoring Device (PSMD) may improve sleep self-management in young adult populations. Feasibility of PSMD use for older individuals has not been explored and was the goal of this study. Persons age 65 years and over with self-reported sleep disturbances were recruited in a local community and were asked to wear a commercial PSMD for a 4-week period. To assess whether such an intervention may be feasible, outcomes included consent rate, study completion rate, data download interpretation, identification of a sleep self-management goal, improved knowledge about sleep, and improved sleep. Twenty-six persons (12 males and 14 females) were recruited over 3 months, out of a total of 33 expressing interest. Mean age=72, SD=4.99. Ninety-two percent of participants completed the study and reported improved awareness of sleep patterns and identified a sleep goal. Total sleep time was M=7 hours 14 minutes, SD=40 minutes; total restful sleep time was M=4 hours 33 minutes, SD=1 hour 22 minutes. In conclusion, sleep self-management with the use of a PSMD is feasible and of interest among persons in the young-old age category (65-74 years). There is potential for the use of PSMD among older people with the goal of improved sleep self-management. Future studies for sleep health self-management and interventions using personal sleep monitoring are recommended.

EVERYDAY MEMORY IN OLDER AND YOUNGER ADULTS: OUTSOURCING, SOCIALLY-DISTRIBUTED REMEMBERING & CONCEPTUALIZATION

Emily Lustig,¹ Christopher Hertzog,¹ Ann Pearman,¹ Kirsten Reynolds,¹ and Aiman Waris¹, 1. *Georgia Institute of Technology, Atlanta, Georgia, United States*

Qualitative interview data about everyday remembering within the context of older adults ages 62-83, (N= 27, M=69.5, SD=5.72) and younger adults ages 18-24 (N=29, M=21.2, SD= 1.77) lives were collected and analyzed using constructivist grounded theory methods. This study sought to compare the processes used by these individuals in their pursuit of everyday memory-demanding goals and their conceptualization of these methods. Older adults typically reported importance beliefs that guided memory-supportive behaviors for things like social engagements or medical appointments, whereas younger adults reported important information as being primarily school-related. There were major differences

in the execution and conceptualization for remembering critical information. Younger adults engaged in a form of socially-distributed cognition, wherein they relied on and outsourced remembering to technology and other people via apps. Interestingly, younger adults relied on others to remind them about coursework, extra-curricular activities, and social obligations via social communication platforms (e.g. GroupMe), text messages, and shared calendar alerts. Very few of the younger adults sampled were responsible for reminding others, but relied on the social altruism of their peers who were responsible for disseminating mass reminders. Conversely, technological outsourcing was not as prevalent in the older adults interviewed and only a few shared that they received similar reminders via text or email. Of the few cases that did outsource, a small subset did, however, engage in these processes within small groups or pairs, wherein a friend or significant other reminded them about social gatherings or names but in a much smaller proportion, comparatively.

IMPACT OF SOCIAL SUPPORT AND STRAIN ON DEPRESSIVE SYMPTOMS: MARITAL STATUS AND GENDER DIFFERENCES

Deborah Carr,¹ and Yeonjung Jane Lee², 1. *Boston University, Boston, Massachusetts, United States*, 2. *University of Hawaii, Honolulu, Hawaii, United States*

Social relationships are a well-established correlate of late-life well-being. Extensive research finds social support is associated with fewer depressive symptoms, yet few studies distinguish fine-grained types of support from spouse, children, other family and friends, nor whether these linkages differ by gender and marital status. Studies exploring coarse associations between support and well-being may conceal gender and marital status differences. We use data from two waves of the Health and Retirement Study (HRS; 2006 and 2010) to study fine-grained linkages between diverse types of relationship strain and support and depressive symptoms (CESD) among adults aged 51+. The results show that the association between support/strain and depressive symptoms varies based on the source of support. For instance, among married/partnered older adults, spousal support is negatively associated with depressive symptoms whereas friend strain is positively associated with depressive symptoms. Among widowed respondents, friend support is negatively associated with depressive symptoms. These marital status patterns differed by gender however, such that the impact of friend strain on depressive symptoms was especially large for divorced men. Our results suggest that no single form of social support (or strain) is uniformly protective (or distressing), so services and interventions to enhance late-life mental health should more fully consider older adults' social location, including gender and marital status. For current cohorts of older adults, who have lower rates of marriage and child-bearing than their predecessors, it is critically important to understand both the levels and impacts of alternative sources of support from other kin and friends.

LONG-TERM EFFECT OF A MULTICOMPONENT INTERVENTION ON PHYSICAL PERFORMANCE AND FRAILTY IN OLDER ADULTS

Gahee Oh,¹ Il-Young Jang,² Heayon Lee,² Hee-Won Jung,³ Eunju Lee,² and Dae Hyun Kim⁴, 1. *Harvard T.H. Chan*