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Personality and disturbed sleep are tied to medical morbidity in older adults. We examined associations of personality dimensions and facets from the five-factor model with reports of insomnia symptoms in 1,069 well-functioning older adults 60-97 (SD=8.64) years (51% women) from the Baltimore Longitudinal Study of Aging. Personality was assessed by the Revised NEO Personality Inventory, and insomnia symptoms measured by the Women's Health Initiative Insomnia Rating Scale. Adjusting for demographics and depressive symptoms, higher neuroticism ($B=0.05$, $SE=0.01$, $p<.001$) and lower conscientiousness ($B=-0.03$, $SE=0.01$, $p<.05$) were associated with greater insomnia severity. Although openness, extraversion and agreeableness were not associated with insomnia, a facet of each was. Higher scores on the "positive emotions" facet of extraversion ($B=-0.03$, $SE=-0.01$, $p<.05$) "ideas" facet of openness ($B=-0.03$, $SE=-0.01$, $p<.05$) and altruism facet of agreeableness ($B=-0.03$, $SE=-0.01$, $p<.05$) were associated with lower insomnia severity. Sleep disturbances may partially mediate personality's influence on health. Part of a symposium sponsored by the Sleep, Circadian Rhythms and Aging Interest Group.

PSYCHOLOGICAL PATHWAYS LINKING PARENT-CHILD RELATIONSHIPS TO SUBJECTIVE AND OBJECTIVE SLEEP AMONG OLDER ADULTS

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This study investigated whether older adults' relationships with their children were associated with their self-reported subjective sleep quality and actigraphy-measured objective sleep characteristics, as well as whether depressive symptoms and loneliness mediated the association between these parent-child relationships and sleep. Data were taken from the second wave of the National Social Life, Health, and Aging Project, in which 569 respondents (age 57-85) participated in the sleep module, along with the social network module that provided relationship information for participants and their children. Results from structural equation modeling showed that (1) parents' closeness with children was associated with better objective sleep (i.e., fragmentation of sleep and percent sleep), (2) more frequent contact with children was related to better subjective sleep quality, (3) depressive symptoms and loneliness were associated with worse subjective sleep quality, and (4) less closeness with children were related to worse subjective sleep quality via older adults' depressive symptoms. Part of a symposium sponsored by the Sleep, Circadian Rhythms and Aging Interest Group.

USE OF CANNABIS FOR SLEEP: PATTERNS OF USE AMONG A SAMPLE OF PATIENTS IN A GERIATRICS CLINIC

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Cannabis may be useful for treatment of sleep problems in older adults. Little is known about use patterns of cannabis for sleep. We conducted a clinic-based anonymous survey in a geriatrics clinic in La Jolla, CA. Among $n=568$ surveys, 10% reported recent use (within past 6 months). Among recent users, 30% reported using cannabis for sleep, most finding it helpful. Compared to cannabis users for other conditions, cannabis users for sleep were more likely to use THC containing products (62.5% vs. 32.1%), use cannabis on a daily or weekly basis (76.2% vs. 43.2%), use vape pens (29.2% vs. 6.9%), and to obtain cannabis via a delivery service (33.3% vs. 14.0%) (all $p's<0.05$). Only 40% reported their doctor knew about their cannabis use. Our findings suggest sleep is a common reason for using cannabis. Future research should assess how use patterns can result in effective treatment for sleep in older adults. Part of a symposium sponsored by the Sleep, Circadian Rhythms and Aging Interest Group.

SESSION 5535 (SYMPOSIUM)

COPING MECHANISMS AND RESILIENCE IN LATER LIFE: THE ROLE OF FAMILY AND FRIENDSHIP TIES IN DIVERSE SETTINGS

Chair: Feinian Chen

Co-Chair: Rashmi Gupta

Discussant: Zhenmei Zhang

The papers in this symposium explore different aspects of social ties and how they act as critical coping mechanisms in the face of negative circumstances in later life. Using data from diverse settings, including China, Singapore, and the U.S., these papers underscore the importance of strong family and friendship ties, as they offer older adults with strong protection against social isolation and adverse health outcomes. Gupta and Pilai explore the similarity and differences in coping strategies/resilience among a diverse group of 30 U.S. older adults. Results point to the saliency of support from friends, regardless of race/ethnicity. Visaria addresses the relationship between the expression of loneliness and objective measures of social networks among older adults in Singapore. The findings shed light on how meaningful companionship and desired social connection offer powerful buffers against isolation in later life. Ruan and Chen explore which types of social ties offer the strongest protection when Chinese older adults are coping with the aftermath of negative life events. Findings point to the need to look beyond filial obligations and to consider the interplay among various forms of social support, including family, friends and the broader community. Zhang et al. examine the role of family and friendship ties in a rural Chinese community where many older adults were left behind by migrant children. The results suggest that those who are isolated from friends experience more depressive symptoms while those with close-knit friendship ties are the most resilient.

COMPARISON OF COPING STRATEGIES AND RESILIENCE AMONG WHITE, NON-WHITE, AND ASIAN OLDER ADULTS IN SAN FRANCISCO

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