(r=-0.168, p=0.03). Steeper cortisol slope was related to a more severe level of anxiety symptoms (r=0.36, p=0.009) and higher frequency of insomnia (r=0.292, p=0.011). We found that cortisol slope was associated with neuropsychiatric symptoms in PLWD. Future research is needed to examine the mechanisms underlying the relationships.

ASSOCIATION BETWEEN EVENING LIGHT EXPOSURE AND SUBJECTIVE SLEEP MEASURES AMONG PEOPLE LIVING WITH DEMENTIA

Miranda McPhillips,[1] Yeji Hwang,[2] Sonia Talwar,[2] and Nancy Hodgson,[3] *1. University of Pennsylvania, University of Pennsylvania, Pennsylvania, United States, 2. University of Pennsylvania, School of Nursing, Philadelphia, Pennsylvania, United States, 3. University of Pennsylvania, School of Nursing, philadelphia, Pennsylvania, United States*

Excessive light exposure before bedtime can disrupt one's circadian rhythm and can lead to poor sleep. The purpose of this study was to describe the relationship between evening light exposure and subjective sleep measures in people living with dementia (PLWD). We conducted secondary data analysis using the baseline data from Healthy Patterns Clinical Trial (N=137). We used Actiwatch Spectrum Plus to collect light data over three consecutive days. We defined evening light exposure as the average white light intensity for 4 hours before sleep. Sleep measures included Epworth Sleepiness Scale and PROMIS Sleep-Related Impairment. We used univariate regression analysis. We found that that greater evening intensity of light exposure was associated with higher daytime sleepiness (β=0.209, p=0.015) and more sleep impairment (β=0.228, p=0.014). The results of our study suggest that exposure to bright light during evening can disturb nighttime sleep and increase daytime sleepiness in PLWD.

Session 4040 (Symposium)

CONTRIBUTION OF SENSORY FUNCTION TO PRECLINICAL INDICATORS OF PHYSICAL AND COGNITIVE FUNCTIONING WITH AGING

Chair: Yuri Agrawal
Co-Chair: Jennifer Schrack
Discussant: Bonnielin Swenor

There are well established associations between sensory loss and physical and cognitive deficits with aging, but gaps remain in our understanding of the associations between sensory function and early preclinical indicators of physical and cognitive decline. This symposium will present data from the Baltimore Longitudinal Study of Aging (BLSA) on a series of studies investigating the links among sensory function, motor function, and physical and cognitive outcomes in older adults. In the first study, Dr. Gross will present an operational definition of early cognitive impairment (ECI) based on a combination of two cognitive measures – the Card Rotations test and the California Verbal Learning Test Immediate Recall – to predict progression to MCI/AD. In the second study, Dr. Cai will evaluate the relationship between multisensory impairment (in vision, hearing, olfaction, proprioception and vestibular function) and the algorithmic definition of ECI. In the third study, Dr. Armstrong will evaluate the association between multisensory impairment and another biomarker of ECI or preclinical AD, specifically PET-PiB deposition. In the

fourth study, Dr. Schrack, will present the joint contribution of multisensory (hearing and vision) impairment and motor function (gait speed) on risk of incident MCI/AD in longitudinal analyses. Finally, Dr. Martinez Amezcua will present the longitudinal association between hearing and vestibular function and decline in higher level physical function and endurance performance. Taken together, these studies present compelling data about the contribution of sensory function to preclinical indicators of physical and cognitive functioning with aging.

DERIVATION AND VALIDATION OF AN ALGORITHMIC CLASSIFICATION OF EARLY COGNITIVE IMPAIRMENT

Alden Gross,[1] Yang An,[2] Frank Lin,[3] Luigi Ferrucci,[4] Jennifer Schrack,[1] Yuri Agrawal,[5] and Susan Resnick,[4] *1. Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland, United States, 2. NIA, Baltimore, Maryland, United States, 3. Johns Hopkins University, Johns Hopkins University, Maryland, United States, 4. National Institute on Aging, Baltimore, Maryland, United States, 5. Otolaryngology, Baltimore, Maryland, United States*

The long prodromal period for dementia pathology demands valid and reliable approaches to detect cases before clinically recognizable symptoms emerge, by which time it may be too late to effectively intervene. We derived and compared several algorithms for early cognitive impairment (ECI) using longitudinal data on 1704 BLSA participants. Algorithms were based on cognitive impairment in various combinations of memory and non-memory tests, and the CDR. The best-performing algorithm was defined based on 1SD below age-and race-specific means in Card Rotations or California Verbal Learning Test immediate recall, two tests that in prior work show the earliest declines prior to dementia onset. While this ECI algorithm showed low concordance with concurrent adjudicated MCI/dementia (AUC: 0.63, sensitivity: 0.54, specificity: 0.73), it was among the best predictors of progression to MCI/dementia (HR: 3.65, 95% CI: 1.69,7.87). This algorithm may be useful in epidemiologic work to evaluate risk factors for early cognitive impairment.

SENSORY IMPAIRMENT AND ALGORITHMIC CLASSIFICATION OF EARLY COGNITIVE IMPAIRMENT IN MIDDLE-AGED AND OLDER ADULTS

Yurun Cai,[1] Yuri Agrawal,[2] Jennifer Schrack,[1] Alden Gross,[1] Nicole Armstrong,[3] Eleanor Simonsick,[4] and Susan Resnick,[5] *1. Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland, United States, 2. Otolaryngology, Baltimore, Maryland, United States, 3. Warren Alpert Medical School of Brown University, Providence, Rhode Island, United States, 4. National Instute on Aging/NIH, Baltimore, Maryland, United States, 5. National Institute on Aging, Baltimore, Maryland, United States*

Sensory function has been linked to cognitive impairment and dementia, but the link between multiple sensory impairments and early cognitive impairment (ECI) is unclear. Sensory function (vision, hearing, vestibular, proprioception, and olfaction) was measured in 390 BLSA participants (age=75±8 years; 57% women; 69% white) from 2012 to 2018 over a mean