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Can sleep disturbance influence changes in mental health status? Longitudinal research evidence from ageing studies in England and Japan

N. Cable, T. Chandola, J. Aida, M. Sekine, G. Netuveli

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Authors: Cable, N<sup>1</sup>., Chandola, T<sup>2</sup>., Aida, J<sup>3</sup>., Sekine, M<sup>4</sup>. Netuveli, G<sup>5</sup>.

- 1.Department of Epidemiology and Public Health, University College London
- 2. School of Social Sciences, University of Manchester
- 3. Department of International Health, Tohoku University
- 4. Department of Epidemiology and Health Policy, University of Toyama
- 5. Institute for Health and Human Development, University of East London

Corresponding Author: Noriko Cable

E-mail: n.cable@ucl.ac.uk

Address: Department of Epidemiology and Public Health, University College London, 1-19 Torrington Place, London WC1E 6BT, United Kingdom

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