

Poor sleep may keep arthritis patients from getting enough exercise

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Poor sleep quality was linked with less physical activity in an *Arthritis Care & Research* analysis of individuals with or at risk for knee osteoarthritis.

Of the 1892 patients in the analysis, 300 (16 percent) reported restless sleep 3 or more days in the past week. Participants reporting much (3-4 days/week) and most (5-7 days/week) restless sleep had 11.9 percent and 23.7 percent less weekly minutes of moderate-vigorous activity, respectively, compared with participants reporting rare restless sleep (less than 1 day/week).

Future studies are needed to determine whether interventions that improve sleep quality might result in increased [physical activity](#), which can provide significant health benefits to patients with [knee osteoarthritis](#).

More information: *Arthritis Care & Research*, [DOI: 10.1002/acr.23581](#)

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