



The University Of Sheffield. Healthy Lifespan Institute.

The Healthy Lifespan Institute is transforming the experience of ageing. We're the UK's first interdisciplinary research institute dedicated to understanding and preventing multimorbidity and frailty - to help everyone live healthier lives for longer.

Read more: <https://www.sheffield.ac.uk/healthy-lifespan>

Read more about our partnership with u3a: <https://www.sheffield.ac.uk/healthy-lifespan/news/sheffield-u3a-members-play-active-role-healthy-lifespan-institute-research>

Here we share some of our latest research news:

UK's first ever Sexual Rights Charter launched to tackle aged based discrimination



Dizzy Lou illustration

However, researchers at the University of Sheffield are helping to end the stigma around ageing and sexuality with the launch of the UK's first Sexual Rights Charter for older adults.

Having intimate and sexual relationships is a normal part of life and an integral part of health and well-being. However, older adults are more likely to face discrimination when it comes to sexuality. This might involve, not having sexual issues taken seriously by medical professionals, being excluded from information campaigns about sexual health, or being prevented from forming intimate relationships in care homes.

The charter is a set of statements designed to help GPs, health care professionals, service providers and community groups to develop inclusive practices and policies, and help ensure that people are treated with the dignity and respect they deserve, whatever their age.

Find out more:

<https://www.sheffield.ac.uk/research/features/sex-lives-over-50s-ending-stigma>

Watch: <https://www.youtube.com/watch?v=hTXP8HVMYKc>

Major study shows that improving sleep leads to better mental health



Until recently it was assumed that mental health difficulties led to problems sleeping. However, this groundbreaking study found that improving sleep quality can also improve mental health.

The review, one of the largest of its kind, was led by Dr Alex Scott and combined the results of 65 randomised controlled trials involving 8,608 people using a technique called meta-analysis. They found that improving sleep helps improve mental health and reduces symptoms of stress, anxiety and depression - no matter how severe the symptoms.

The findings also point to the exciting possibility that improving sleep may help reduce the risk of developing, or worsening mental health difficulties in the future.

Read more: <https://www.sheffield.ac.uk/healthy-lifespan/news/major-study-shows-improving-sleep-leads-better-mental-health>

Can supplements made from sea squirts delay or even reverse cellular ageing?

Co-Director of the Healthy Lifespan Institute Ilaria Bellantuono has written for The Conversation about new research which shows that eating sea squirts can reverse signs of ageing in mice.

Read more: <https://theconversation.com/eating-sea-squirts-reverses-signs-of-ageing-in-mice-new-research-183056>