The association of sleep and rest-activity rhythms (RAR) with metabolic health is not fully understood. Previous studies have identified multiple metabolite markers in amino acid and lipid pathways associated with various characteristics of sleep. However, most of the studies used self-reported sleep, and limited studies have examined 24-hour RAR profiles, a more complete picture of activity. We studied 950 older men and measured metabolomics from fasting blood samples. We identified numerous metabolic markers that were cross-sectionally associated with actigraphy-based measures of sleep (total sleep time, sleep efficiency, sleep timing) and RAR (amplitude, acrophase, mesor and overall rhythmicity). The majority of the associated metabolites were amino acids and lipids from a wide range of pathways, including metabolism pathways of branched chain amino acid metabolism, fatty acids, and gamma-glutamyl amino acids. Our preliminary findings suggest that sleep and RAR are widely involved in human metabolism.

SOCIAL DISPARITIES IN INFLAMMATORY BIOMARKERS MEDIATED BY POOR SLEEP QUALITY
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This study investigated whether sleep quality mediates the relationship between race/SES and biomarkers (CRP, IL6, IL10, TNF-α). Participants in the Midlife in the United States Study (n=1,689; Mage=53.02) completed the Pittsburgh Sleep Quality Index and provided information on eight life-course indicators to measure SES. Black individuals and those with lower SES had poorer sleep quality and higher inflammation compared to their counterparts. Poorer sleep quality mediated the relationship between being Black and higher CRP (β=-0.02, 95%CI [0.002, 0.04]), IL6 (β=-0.008, 95%CI [0.0002, 0.02]), IL10 (β=-0.008, 95%CI [0.0004, 0.02]), and TNF-α (β=-0.004, 95%CI [0.0002, 0.01]). Poorer sleep quality also mediated the relationship between lower SES and higher CRP (β=-0.01, 95%CI [-0.01, -0.001]), IL6 (β=-0.003, 95%CI [-0.002, -0.001]), IL10 (β=-0.003, 95%CI [-0.001, - 0.0003]), and TNF-α (β=-0.002, 95%CI [-0.004, -0.0002]). Improving sleep quality may help reduce the risk of inflammation in at-risk groups and subsequently reduce health disparities.

DAYTIME SLEEPINESS AND WEIGHT CHANGE AMONG ADULTS: FINDINGS FROM THE WISCONSIN SLEEP COHORT STUDY
Yin Liu1, Jodi Barnet2, Erika Hagen2, Paul Peppard2, Eric Reither1, Emmanuel Mignot1, and David Plante4, 1. Utah State University, Logan, Utah, United States, 2. University of Wisconsin Madison, Madison, Wisconsin, United States, 3. Stanford University, Palo Alto, California, United States, 4. University of Wisconsin-Madison, Madison, Wisconsin, United States

BMI trajectories are associated with nighttime sleep, but it is less clear how they relate to daytime sleepiness. We examined the association between levels and changes in daytime sleepiness and BMI among men and women using growth curve models among 1047 participants in the Wisconsin Sleep Cohort Study (mean [sd] age = 51.1 [8.0] years at baseline). The outcome variable was BMI (kg/m2). Key predictors were self-reported sleepiness measured by the Epworth Sleepiness Scale (ESS), and the objective Multiple Sleep Latency Test (MSLT) scores at each data collection wave. Men, but not women, who were sleepier had higher BMI levels. Age moderated the association between changes in ESS and MSLT sleepiness and BMI trajectories. The association was weaker for older men, but stronger for younger men; such effect was the opposite for women. The MSLT models further suggested that women who were sleepier had steeper increases in BMI over time.

SESSION 4570 (SYMPOSIUM)

NEW SPINS ON CLASSIC IDEAS ABOUT CONTEXT IN ADULT EMOTIONAL DEVELOPMENT
Chair: Tabea Springerstein Co-Chair: Tammy English

Individuals often experience improvements in emotional well-being into old age. Understanding mechanisms contributing to these emotional outcomes in daily contexts can inform ways to support healthy aging. Development is embedded within various contexts that shape individuals’ experiences. Novel perspectives are emerging on how to conceptualize context and the way it can contribute to emotional development during the aging process. This symposium illustrates four innovative ways to consider contextual contributions to emotional well-being across adulthood. The first talk will use experience sampling to illustrate age differences in how daily situations contribute to emotion regulation related processes, showing that older adults can more easily distinguish between emotions when in familiar situations. The second talk will take a fresh perspective on psychosocial contexts by distinguishing between types of social interactions in couples, highlighting the important role of affection for well-being in adulthood. The third talk will introduce the idea that the body itself provides context for emotional processes, showcasing that the way this context affects emotional experience changes as individuals age. The fourth talk will center on how renewing our classical developmental models of context in modern ways can help to overcome shortcomings of previous research and provide insight into how engagement with environmental features contributes to well-being across the lifespan. In sum, this symposium features innovative perspectives on how context can be leveraged to gain a deeper understanding of psycho-social development into old adulthood and illustrates specific ways individuals can navigate their social world to preserve or improve mental health across adulthood.

FAMILIAR CONTEXTS, FAMILIAR EMOTIONS? A NEW PERSPECTIVE ON CONTEXT-SPECIFIC EMOTION PROCESSES IN OLDER ADULTHOOD
Tabea Springerstein, and Tammy English, Washington University in St. Louis, St. Louis, Missouri, United States

As people age, their emotional well-being tends to be maintained or improves. Theories of adult development suggest that features of the context (e.g., more familiar...