

Oral Presentation: #01
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Classes of sleep trajectories and their neurocognitive outcomes

Introduction: In modern times, sleep is often treated as a distraction from our work and entertainment. Combined with various daily hassles and pollutions in the environment, almost half the world is overshadowed by poor sleep quality. Numerous studies in the previous two decades have well-documented the significance of sleep towards neurocognitive functioning. Metacognition, a construct that has seen rising popularity in recent years, however, has received only limited attention in its relationship with sleep. Previous studies tapping into the field have only featured short-term, acute sleep deprivation paradigms, and thus have limited generalisability to the chronic poor sleep quality much of the world is facing. *Methods:* Three hundred emerging or young adult who have participated in a previous longitudinal sleep study will first be distributed an actigraphy to collect objective sleep data, before being invited to our lab to complete a series of cognitive tests. The sleep data in prior waves of the longitudinal study will be able to provide trajectory data that allows for comparisons of neurocognitive outcomes between different trajectory classes. *Conclusion:* The findings of this study will provide important insight as to the potential effects of long-term poor sleep quality, as well as enriching the literature on metacognition.