

complaints, depression, and skinfold measures were found to be predictors for pre-surgical sleep ( $R^2 = 0.52$ ), as well as post-surgical sleep ( $R^2 = 0.78$ ). Fitness measures of functional capacity and physical activity were not a significant predictor of sleep. The findings of this study suggest that a modest correlation exists between functional capacity and sleep in CABG patients; however, predictors including health complaints, depression and skinfold measures serve as better indicators for sleep outcome before and after CABG surgery.

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