

Global Healthspan Policy Institute

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Hello,

This week we learn how sleep quality may be one of the strongest indicators of lifespan, how vitamin D deficiency could be linked to hypertension and we learn about the importance of training the next generation of geoscience researchers. Additionally, the Washington Post takes a deep dive into the science of cellular senescence, suspected to be a key factor in human aging.

Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.



All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.

Edwina Rogers, CEO
Global Healthspan Policy Institute

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Sleep quality is the strongest indicator of the lifespan, study finds

Researchers used machine learning to create a model to forecast a person's sleep age

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Evidence of a casual relationship between vitamin D deficiency and hypertension: a family-based study

New research indicates that a long suspected relationship between vitamin D deficiency and hypertension may be confirmed

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'Zombie' cells may hold clues to improving old age

A detailed look at the study of cellular senescence, which may be a key component of aging

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Training the next generation of geroscience researchers

A message from the NIA on the importance of training the next generation of researchers

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GHPI Coalition Grows to Over 90 Members

Our coalition includes 25 major US organizations and 16 major international organizations. Will yours be next?

By joining the coalition you get access to the GHPI fellows, top experts in aging research. You gain more influence over national and world events. You are invited to our pilot projects. You get access to healthspan investment funds and our ability to promote your achievements. You get news updates, and can join our weekly coordinating call that steers the future of the healthspan movement.

[Join The Coalition Here](#)

We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals and beyond – uniting our members under a common, core mission to benefit the public trust.

[Help us bring new preventions and therapeutics for the benefit of all generations, today](#)

Upcoming Events

Due to the ongoing COVID-19 Pandemic events are very limited. As new ones are publicized, we will include them here.

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