and 80 suggests that individuals are particularly benefiting from socioeconomic resources at advanced older ages. Possible selection and underlying mechanisms are discussed.

ATTACHMENT SECURITY AND PSYCHOLOGICAL HEALTH IN ADULT CHILD CAREGIVERS AND PARENTS WITH DEMENTIA

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Attachment theory states that attachment security, providing and receiving communication of safety and emotional support, is one of the most fundamental needs in parent-child dyads across the lifespan. Having greater attachment security protects psychological health, especially in times of crisis. This study examined the association between attachment security and psychological health in 45 adult child caregivers and their parent with early stage Alzheimer's disease and related dementias. Both dyad members were interviewed, assessing their attachment styles, depressive symptoms, and quality of life. Results show that the caregiver's avoidant and anxious attachment (attachment insecurity) were significantly positively associated with greater depressive symptoms (anxiety: $\beta = .45$, $p < .01$; avoidance: $\beta = .53$, $p < .001$). The parent's anxious attachment was associated with worse quality of life ($\beta = -.43$, $p < .05$). Results remained when controlling for cognitive and physical functioning and socio-demographics. Findings suggest that attachment security may protect the psychological health of adult child caregivers and their parents with ADRD.

BIDIRECTIONAL ASSOCIATIONS OF SLEEP WITH COGNITIVE INTERFERENCE IN EMPLOYEES' WORK DAYS

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This study examined whether nightly sleep was associated with next-day cognitive interference, and vice versa, and whether the association was moderated by workday. A sample of 131 midlife employees ($M_{age} = 45.1$, $SD_{age} = 6.3$) tracked their sleep and cognitive interference over 8 consecutive days. Multilevel models with lagged effects tested the within-person bidirectional associations of same-day and following-day cognitive interference with nightly sleep variables (bedtimes, wake times, sleep hours, sleep quality, and sleep latency). Analyses were adjusted for sociodemographic characteristics, between-person associations, and the previous-day sleep variable of interest. Employees reported more cognitive interference on days following earlier wake times, shorter sleep hours, or poorer sleep quality than usual. The opposite temporal direction, cognitive interference predicting nightly sleep, was also supported; more same day's cognitive interference was associated with earlier bedtimes and earlier wake times than usual. The temporal associations of nightly sleep hours and sleep quality with the following day's cognitive interference were significant on work days, but not on non-work days. Our results suggest bidirectional associations between poorer sleep and more cognitive interference, particularly on work days. These findings may have

implications for workday productivity and interpersonal interactions impacted by cognitive interference.

BRIDGING THE GREY DIGITAL DIVIDE: SOCIETAL CHANGE FROM 2002 TO 2014 IN GERMANY

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The internet is an indispensable aspect of modern society. It facilitates long distance communication, access to information, health care interactions, as well as multiple opportunities for social participation. Despite increasing pervasiveness of this technology persistent inequalities exist in who has access to the internet, an important and understudied precursor to use. In particular, older adults lag behind in having access to the internet, thus putting them at risk for social exclusion. In order to gain more information on this grey digital divide the current study contrasts influencing factors of internet access, comparing samples from 2002 and 2014 across age groups (40 to 54 years, 55 to 69 years and 70 to 85 years) using data from the German Ageing Survey (DEAS). Logistic regression confirms the hypothesis of internet access declining with age at both time points. However, the percentages of people with internet access grew between 2002 and 2014, especially in the middle and older age groups. Furthermore, being male and having a higher education were associated with greater odds of internet access. Nevertheless, gender and education differences in internet access decreased with time. Finally, both greater income and cognitive ability were associated with greater odds of internet access, while providing care for a grandchild was a significant predictor for internet access only among the oldest age group. In an attempt to bridge the grey digital divide the current study serves as a basis for identifying groups mostly affected by this form of inequality and indicates possible resources for intervention.

CAN ENVISIONING YOUR FUTURE IMPROVE YOUR HEALTH?

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As life expectancies increase, engaging in healthful behaviors throughout life becomes increasingly important. Despite widespread knowledge about the long-term consequences of exercising and eating well, motivation to prepare for the future is typically weak. This lack of motivation may be due to a failure to clearly envision the distant future. We tested whether vividly envisioning the distant future promotes healthful behaviors. In Study 1, adults ($N = 161$) who reported more vivid futures reported engaging in more healthful behaviors in their daily lives ($\beta = .20$, $t = 2.54$, $p = .012$). In Study 2 we manipulated vividness using age-progressed images. Participants reported typical daily habits at baseline (one week prior) and again at follow-up two weeks after they saw their image. Compared to participants who saw their current image ($n = 50$), participants who saw age-progressed images ($n = 53$) reported a greater increase in healthful behaviors relative to baseline, Welch's $t(96) = -1.79$, $p = .038$. We also present preliminary results from an ongoing experiment where we test possible mechanisms underlying this relationship, including awareness of future consequences and emotional investments in the future. Our findings suggest that clearly envisioning the future may motivate healthful behaviors, and thus promote healthy aging.