**SomnIA Sleep in Ageing**

**Understanding Poor Sleep in the Community: Workpackage 2**

Data were collected in two phases, the first phase comprising a postal survey and the second phase conducting an interview in the participant’s own home, followed immediately by a two-week data collection period.

**Phase 1: Postal Survey of sleep among older people**

2400 community dwelling people aged 65+ were sent an introductory letter, consent form and self-completion questionnaire containing socio-demographic variables and the validated Pittsburgh Sleep Quality Index (PSQI)) through ten GP practices in the Thames Valley Area.

The introductory letter will explained why they were chosen and how their postal details had been obtained. It invited the participant to complete the questionnaire and included a consent section (see Attachment A).

**Phase 2: Qualitative and quantitative research among older people with poor sleep**

From those indicating in Phase 1 they were willing to participate in future studies, 60 people were selected who scored >5 on PQSI (identified as ‘problem sleepers’). This sample were also intentionally constructed to include equal numbers of men and women, and diversity on age, socio-economic status, living circumstances, and health status.

(a) *First Visit - Qualitative interview*

During this first visit, explanations of the study aims and methods were offered before written informed consent was obtained from each participant in person. Interviews were undertaken using an illness narrative approach in which respondents were asked to describe their sleep. Using these methods, an oral history of each person’s experience of the quality of their sleep were collected, which helped to identify the respondent’s own concerns, meanings and priorities. Supplementary questions were used to prompt reflection on areas of particular interest identified through the literature review (see Attachment C)

(b) *Two week Data Collection Period - Actigraphy*

ActiwatchL data was collected for a period of two weeks immediately after the in-depth qualitative interview. The ActiwatchL is a watch-like device that provides an un-intrusive method of recording movement and light exposure for a long period of time. The subjects wore the ActiwatchL on their non-dominant wrist for a period of two weeks after the in-depth interview, to provide an indication of sleep times and disturbances during the night and day.

(c) *Two Week Data Collection Period – Daily Audio Diaries*

Audio sleep diaries were collected for a period of two weeks immediately after the in-depth interview, and subjects were asked to record on a portable tape recorder, descriptions of night-time sleep and any disturbances, and details of any sleep or naps taken during the day time. Subjects were also left with written instructions (see Attachment E).

(d) *Two Week Data Collection Period – Daily Written Sleep and Activity*

*Diaries*

Participants completed daily sleep and activity diaries (Attachment F) in the form of a booklet for recording indoor and outside activities, standard medication use, food consumption and caffeine/alcohol intake for 14 days. The researcher filled in the previous day’s data during the interview with the respondent to ensure they understand the instructions.