**WP3 Variable List for Resident Profile SPSS File**

This file contains 145 cases, each representing a participating resident. 125 of the cases/residents correspond to those who completed the diaries, with 20 additional residents.

The variables correspond to the questions on pages 1-4 of the ‘Resident profile and sleep and activity diary’ (attachment J) which contains:

* Environment information
* Demographic details
* Medication coding (see below) and continence needs.
* Each item from the Pittsburgh Sleep Quality Index (PSQI).

The file also contains:

* Scoring for each of the 7 components of the PSQI and the Global Score

*Medication coding*: Variables 5-12 were coded from the textual data listing residents’ ‘prescribed and unprescribed medication taken’. Variable 5 is the total number taken, and variable 6 is the total number of ‘relevant’ medications and removes medications that were not relevant to the current research (looking at sleep). The coding frame is based on common drug groups.

|  |  |  |
| --- | --- | --- |
| Variable Number | Variable Name | Variable Label |
|  | id | Subject Identifier |
|  | gender | Male or Female |
|  | Age | How old were you last birthday |
|  | Home | What care home |
|  | totmedication | Total number of medications taken |
|  | relmedication | Number of 'relevant' medications (removing creams, eye drops, laxatives, vit/iron/food supplements) |
|  | sedative | Number of sedative meds taken |
|  | antidepressant | Number of antidepressant meds taken |
|  | neuroleptic | Number of neuroleptic meds taken |
|  | analgesics | Number of analgesic meds taken |
|  | Diuretic | Number of diuretics taken |
|  | Antihistamine | Antihistamines both sedating and non |
|  | psqi1 | Usual Bed Time from PSQI |
|  | psqi2 | How long has it taken you to fall asleep each night |
|  | psqi3 | What time do you usually get up in the morning |
|  | hoursbedpsqi | Hours in bed |
|  | psqi4 | How many actual hours sleep did you get at night |
|  | HoursBedAwakepsqi | Hours in bed awake |
|  | psqi5a | P(5a) Cannot get to sleep within 30mins |
|  | psqi5b | P(5b) Wake up in the middle of the night or early morning |
|  | psqi5c | P(5c) Use bathroom |
|  | psqi5d | P(5d) Cannot breathe comfortably |
|  | psqi5e | P(5e) Cough or snore |
|  | psqi5f | P(5f) Too cold |
|  | psqi5g | P(5g) Too hot |
|  | psqi5h | P(5h) Have bad dreams |
|  | psqi5i | P(5i) Have pain |
|  | psqi5j | P(5j) Other reason |
|  | psqi6 | P(6) Sleep medication |
|  | psqi7 | P(7) Trouble staying awake |
|  | psqi8 | P(8) Lack enthusiasm |
|  | psqi9 | P(9) Sleep quality |
|  | component1 | PSQI: Subjective sleep quality |
|  | component2 | PSQI: Sleep Latency |
|  | component3 | PSQI: Sleep Duration |
|  | component4 | PSQI: Sleep efficiency |
|  | component5 | PSQI: Sleep disturbances |
|  | component6 | PSQI: Use of sleep medication |
|  | component7 | PSQI: Daytime dysfunction |
|  | Globalpsqi | PSQI Global score |
|  | Room | Type of Room |
|  | Ensuite | Do they have ensuite bathroom |
|  | Hearingaid | Do they have a hearing aid |
|  | WhatEar | If yes, in what ear |
|  | Glasses | Do they wear glasses |
|  | Sight | What is their sight like |
|  | Contactlenses | Do they wear contact lenses |
|  | Dependency | What is their dependency level |
|  | IncontCare | Do they have incontinence care |
|  | DToiletAssist | Attend toilet assisted during day |
|  | DPads | Uses Incontinence Pads during day |
|  | DCatheters | Uses Catheters during day |
|  | DOther | Other day incontinence care |
|  | DResDemand | Is changed on demand during day |
|  | DRegular | Is changed at regular intervals during day |
|  | DThemselves | Assists themselves during day |
|  | NToiletAssist | Assisted to Toilet during the night |
|  | NPads | Uses pads during night |
|  | NSheets | Uses Sheets during night |
|  | NCommodePan | Uses commode during night |
|  | NCatheters | Uses catheters during night |
|  | NUrineBottle | Uses urine bottle during night |
|  | NMattress | Uses an incontinence mattress |
|  | NResDemand | Is changed on demand during night |
|  | NRegular | Is changed at regular intervals during night |
|  | NThemselves | Assists themselves during night |