**WP3: Determinants of Poor Quality Sleep in Care Homes**

Ten care homes in the South-East of England were purposively selected, to reflect a mixture of home ownership. Each home was registered for 35 or more residents. See Table 1 below for information on the 10 care homes. Care home numbers correspond to those in the resident ID within the data files (Attachments K and L).

Across the ten care homes, a total sample of 145 residents participated by completing or partially completing resident profile information and of these 125 residents completed sleep and activity diaries (attachment J). We excluded those with dementia as they were unable to self-report. All residents regarded as eligible by the care-home manager were given written information about the project and met a researcher who explained the study. The residents chose whether they wished to participate and to what extent. The participating residents were a self-selected sample, as not all residents wished to or felt able to participate, so there was a bias towards more able or independent residents, with the most unwell or frail residents being less likely to participate.

The ‘Resident sleep and activity diary’ contained three parts (attachment J)

1. Demographic, medication, continence and environmental information (pages 1-3). This could be completed with residents or staff with the consent of the resident.
2. The Pittsburgh Sleep Quality Index (PSQI, page 4). A self-report sleep quality survey. Researchers filled this in with the residents.
3. A daily sleep and activity diary to be completed for 14 consecutive days. While a few residents were able to complete this alone, the majority were visited by researchers every day for the 14 days to help as required. The diary included information on the activities undertaken during the day, and items relating to the evening, night and morning. If a resident was unable to recall an item, this was noted. 14 of the 125 residents who completed the daily diary either finished early or missed days. As stipulated in the consent form, residents were not required to give a reason for withdrawing from the study (attachment O).

Table 1: Care home Sample

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| --- | --- | --- | --- |
| *Care Home* | *Number of beds* | *Ownership* | *Building type* |
| 1 | 60 | Voluntary sector (charity) | Purpose built |
| 2 | 44 | Local Authority\* | Purpose built |
| 3 | 38 | Local Authority\* | Purpose built |
| 4 | 38 | Local Authority\* | Purpose built |
| 5 | 72 | Corporate Owner\*\* | Purpose built |
| 6 | 43 | Corporate Owner\*\* | Purpose built |
| 7 | 58 | Corporate Owner\*\* | Purpose built |
| 8 | 74 | Corporate Owner | Mixed conversion and purpose built |
| 9 | 82 | Corporate Owner | Mixed conversion and purpose built |
| 10 | 47 | Small Business | Conversion |

\*same ownership \*\* same ownership