**WP3 Variable List for Sleep and Activity Diary SPSS File**

This is a hierarchical file containing 1720 days, each comprising 73 variables. 125 residents completed diaries for between 3 and 15 days. Each resident has an ID which corresponds to the IDs on the resident profile (attachment K).

The variables correspond to the 14 daily diaries on pages 6-49 of the ‘Resident profile and sleep and activity diary’ (attachment J).

|  |  |  |
| --- | --- | --- |
| Variable Number | Variable Name | Variable Label |
|  | id | ID given by researcher |
|  | day | Day |
|  | dweek | Day of the week |
|  | sleepqual | Sleep Quality |
|  | KnowBedt | Do you know what time you went to bed |
|  | Bedtime | Bedtime previous night |
|  | sleep | Did the respondent sleep? |
|  | WhyNotSleep | If didn't sleep why not |
|  | KnowSleept | Do you know the time you went to sleep? |
|  | Sleeptime | Time went to sleep |
|  | awak | Did you wake up in the night |
|  | awakno | Number of Awakenings |
|  | awktoilet | Reason for awakening: Toilet |
|  | awknoise | Reason for awakening: Noise |
|  | awkdream | Reason for awakening: Dream |
|  | awkpain | Reason for awakening: Pain |
|  | awkunsure | Reason for awakening: Unsure |
|  | awkrestless | Reason for awakening: Restless |
|  | awkcold | Reason for awakening: Cold |
|  | awkhot | Reason for awakening: Hot |
|  | awkunwell | Reason for awakening: Unwell |
|  | awkworry | Reason for awakening: Worry |
|  | awkstaff | Reason for awakening: Staff |
|  | awkdrink | Reason for awakening: Drink |
|  | awkother | Reason for awakening: Other |
|  | KnowWaket | Do you know the time you woke up |
|  | WakeT | Time woke up |
|  | KnowGetUpt | Do you know the time you got out of bed |
|  | GetUpt | Time actually got out of bed |
|  | WakeHow | How were you woken up |
|  | WhBreakf | Where did you have breakfast |
|  | WhAct1a | What was your first activity (A) |
|  | WhereAct1a | Where was your first activity (A) |
|  | WhAct1b | What was your first activity (B) |
|  | WhereAct1b | Where was your first activity (B) |
|  | WhCoffee | Where did you have morning coffee |
|  | WhAct2a | What was your second activity (A) |
|  | WhereAct2a | Where was your second activity (A) |
|  | WhAct2b | What was your second activity (B) |
|  | WhereAct2b | Where was your second activity (B) |
|  | WhLunch | Where did you have lunch |
|  | WhAct3a | What was your third activity (A) |
|  | WhereAct3a | Where was your third activity (A) |
|  | WhAct3b | What was your third activity (B) |
|  | WhereAct3b | Where was your third activity (B) |
|  | WhAftTea | Where did you have afternoon tea |
|  | WhAct4a | What was your fourth activity (A) |
|  | WhereAct4a | Where was your fourth activity (A) |
|  | WhAct4b | What was your fourth activity (B) |
|  | WhereAct4b | Where was your fourth activity (B) |
|  | WhSupper | Where did you have your supper |
|  | WhAct5a | What was your fifth activity (A) |
|  | WhereAct5a | Where was your fifth activity (A) |
|  | WhAct5b | What was your fifth activity (B) |
|  | WhereAct5b | Where was your fifth activity (B) |
|  | WhNightDrink | Where did you have your night time drink |
|  | WhAct6a | What was your sixth activity (A) |
|  | WhereAct6a | Where was your sixth activity (A) |
|  | WhAct6b | What was your sixth activity (B) |
|  | WhereAct6b | Where was your sixth activity (B) |
|  | DidOrgActMorn | Did you take part in the organised activities in the morning |
|  | DidOrgActAft | Did you take part in the organised activities in the afternoon |
|  | DidOrgActEven | Did you take part in the organised activities in the evening |
|  | ReadyBed | Who got you ready for bed |
|  | WhLastTV | Watched tv before bed |
|  | WhLastRadio | listened to radio before bed |
|  | WhLastRead | Read before bed |
|  | WhLastDrink | Had a drink before bed |
|  | WhLastToilet | Went to toilet before bed |
|  | WhLastPrayer | Said prayers before bed |
|  | WhLastWash | Had a wash before bed |
|  | WhLastMedicate | Took medication before bed |
|  | Home | What care home |