

**Semi-structured interview topic guide**

The **SIESTA** Study – **S**leep problems **i**n d**e**mentia: interviews with care home **sta**ff

Introduction:I want you to begin by thinking about your experiences of caring for residents who have dementia and who do not sleep well. You do not need to name these residents throughout the interview.

In the interview we will focus on (two) of your residents who do not sleep well. I would like you to think about your experiences of caring for a resident who does not sleep well and who is bothered by this. And a second resident who does not sleep well but does not seem bothered by this. We will talk about each resident separately, and potentially one more resident if there is time.

* Can you describe what a night has been like for them in the past week or/and when you last cared for them during the night-time?
* Do they sleep during the daytime?
* Do you think these sleep problems affect them?
  + How do the sleep problems affect them in the daytime or nighttime?
  + How do they feel?
  + *Possible prompts: tired, sleepiness during the day, irritable, affects their mood, affects their behaviour (agitation, hallucinations), quality of life*
* How do this resident’s sleep problems impact on you?
* On other staff members?
* On other residents?
  + *Possible prompts: do their sleep problems increase staff distress? Do they wake up other residents?*
* What do you think causes their sleep problems?
  + Is there anything that happens or anything they do during the day that you think could cause their sleep problems?
  + Is there anything that happens or anything they do during the night that you think could cause their sleep problems?
  + Is there anything about them that causes their sleep problems?
  + *Possible prompts: pain, health problems, medication, caffeine, dementia, age, agitation, depression, sleeping in the daytime, the environment (noise, light), time of year*
* Has the residents sleep problem changed since you have known them?
  + If so, how did their sleep problems change? *Possible prompts: it has got better, it has got worse, it goes through phases*
  + Is there anything that you think could have caused this change?
  + Was there any impact on the resident when this change happened?
* How do you and other members of staff in the care home manage their sleep problems?
  + Medications?
  + Other strategies?
* Do you do hourly checks on residents during the night? Does this disturb their sleep?
* Do you have telecare, for example sensor mats, that alert staff when a resident is up in the night?
* Can you think of anything else about sleep problems that we should talk about?

**Thank you again for taking part in the study and meeting me today.**