

Understanding Sleep Quality in Older Adults

Spring 2005

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Budget Name & Number:

Valerian & Sleep Disturbance 61-0079

Introduction

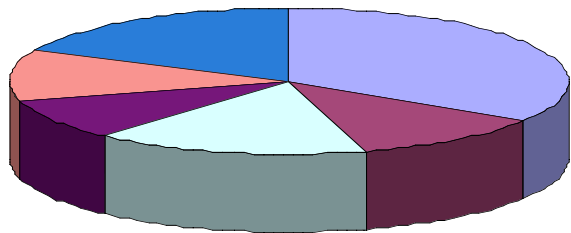
- Sleep disturbance is a common problem among the older population, as many as 40% of the elderly report difficulty sleeping.
- My research focuses on evaluating the degree of sleep disturbance experienced by a group of potential subjects upon screening for a clinical sleep study, *Valerian for Sleep Disturbance in Older Adults*.

Methods

- During the screening process each potential subject completes a variety of tools used to evaluate sleep which include:
 - a Pittsburg Sleep Quality Index (PSQI)
 - an Insomnia Severity Index (ISI)
 - a sleep diary (2 weeks)
 - a sleep history form
- My research evaluated the potential subjects PSQI and ISI data to quantify the degree of sleep disturbance the potential subject experiences
- For subjects that are eliminated, I determined the stage of screening they were eliminated at, and what factor(s) prevented them from participating.

Results

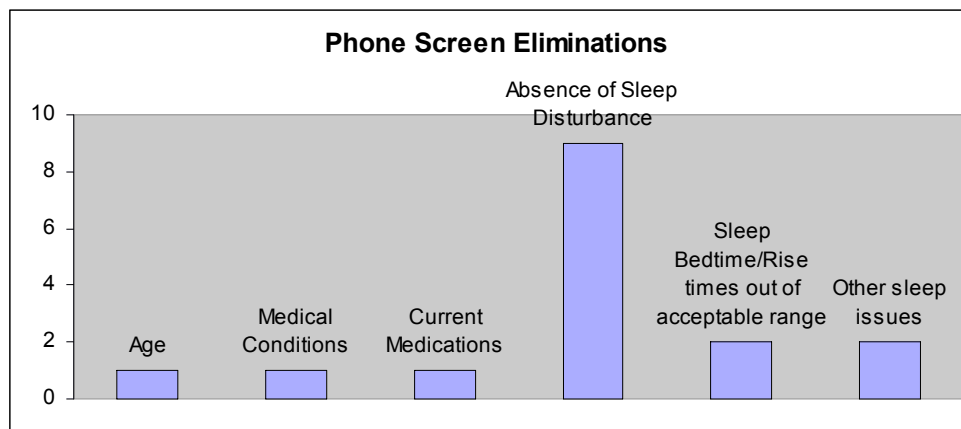
Potential Subject Outcomes



- Eliminated at Phone Screen (15 of 44)
- Eliminated by Sleep Paperwork (5 of 44)
- Eliminated at Clinical Interview (0 of 44)
- Eliminated on First Night of Study (7 of 44)
- On Hold (4 of 44)
- In Progress (5 of 44)
- Entered Study (8 of 44)

Results – Subject Eliminations

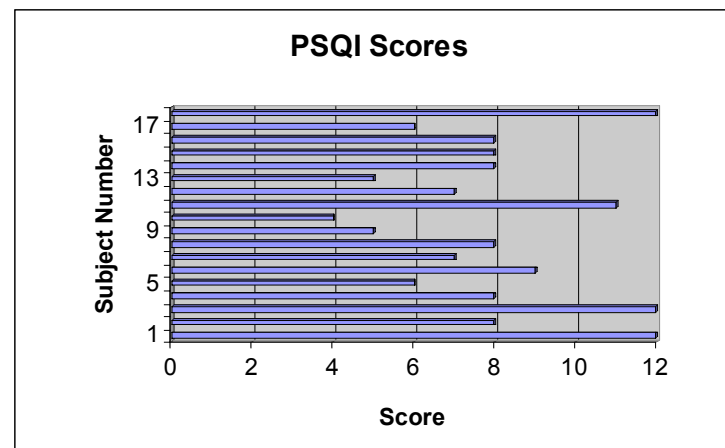
- Subject eliminations occur at the following stages:
 - Phone Screen
 - Fifteen eliminations of forty four potential subjects
 - Clinical Interview
 - Zero as of May 1, 2005
 - Sleep Paperwork Review
 - Four subjects were eliminated filling out the sleep evaluation tools.
 - Four did not display Sleep Latency or Wake After Sleep Onset
 - One experienced Restless Leg Syndrome
 - Screening Night (sleep apnea, restless leg)
 - Seven subjects were eliminated due to undiagnosed Sleep Apnea on the first night of the study. Of these seven, three also experienced periodic leg movements (PLM).



Results – Sleep Disturbance

Pittsburg Sleep Quality Index: various sleep components are assessed to determine overall sleep quality

A global score is determined, greater than 5 indicates a sleep disturbance – 94% of subjects experience sleep disturbance

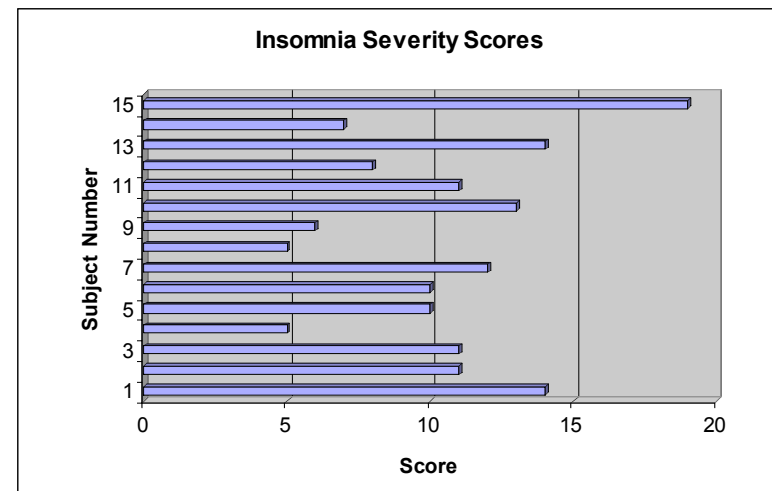


Results – Sleep Disturbance

Insomnia Severity Index:

Subjects complete a questionnaire, scores calculated and rated:

- 0-7: no clinically significant insomnia – 27%
- 8-14: Sub-threshold insomnia – 67%
- 15-21: Clinical insomnia (moderate severity) – 7%
- 22-28: Clinical insomnia (severe) - 0



Discussion / Conclusion

- Subject Eliminations
 - Majority during phone screen
 - Sleep Apnea finding during first night of study – looking into having sleep disorder screen night prior to study entry
- Sleep Disturbance
 - Majority of subjects experience sleep disturbance
 - Majority of subjects experience sub-threshold levels of insomnia