Evidence Table 5. Health outcomes for people with dementia: sleep quality and depressive symptoms

| Author, Year Trial Name Funding Source | Sleep Quality | Symptoms of Depression |
| --- | --- | --- |
| Dowling, 20051 NA Government | Proportion of night asleep, % End point Mean  G1: 66.64 G2: 71.14  Within Group Mean Change  G1: -3.62 G2: -4.26 p=NR, ANOVA non-significant  Sleep Time (hours: minutes) End point Mean  G1: 7:59  G2: 8.32  Within Group Mean Change  G1: -0:26 G2: -0:31 p=NR, ANOVA non-significant  Night wake time (hours: minutes)  End Point Mean  G1: 3:59  G2: 3.27  Within Group Mean Change  G1:+0:66 G2: +0:31 p=NR, ANOVA non-significant  Number of awakenings End point Mean  G1: 42.88 G2: 37.99  Within Group Mean Change  G1: -1.32 G2 : -3.11  p=NR, ANOVA non-significant | NR |

Evidence Table 5. Health outcomes for people with dementia: sleep quality and depressive symptoms (continued)

| Author, Year Trial Name Funding Source | Sleep Quality | Symptoms of Depression |
| --- | --- | --- |
| Dowling, 20051  (continued) | Day wake time (hours: minutes)  End point mean:  G1: 6.24  G2: 6.34  Within Group Mean Change:  G1: +0.12  G2: +0.87  p=NR, ANOVA non-significant |  |
| Fritsch, 20092 NA Foundation or non-profit | NR | NR |
| Hickman, 20073 NA Government | NR | CSDD  Subanalyses by men G1 vs. G3: 2.62, p=0.007 G2 vs. G3: 1.13, p=0.23 G4 vs. G3: 1.64, p=0.08 G1 vs. G4: 1.50, p=0.16 G1 vs. G4: 0.98, p=0.33 G2 vs. G4: 0.52, p=0.60  Subanalyses by women G1 vs. G3: - 1.61, p=0.09 G2 vs. G3: 0.09, p=0.94 G4 vs. G3: 1.41, p=0.16 G1 vs. G2: –1.70, p=0.08 G1 vs. G4: –3.02, p=0.01 G2 vs. G4: –1.32, p=0.24 |
| Kovach, 20064 NA Government | NR | NR |
| Remington, 20026 NA Other | NR | NR |
| Rosswurm, 19907 NA Other | NR | NR |
| Sloane, 20048 NA Government | NR | NR |

Evidence Table 5. Health outcomes for people with dementia: sleep quality and depressive symptoms (continued)

| Author, Year Trial Name Funding Source | Sleep Quality | Symptoms of Depression |
| --- | --- | --- |
| Sloane, 20059 Collaborative Studies of Long-Term Care Government | NR | CSDD, Increase in depressive symptoms Mild Dementia G1: 1.33 G2: 1.53 p=0.753  Moderate or Severe Dementia G1: 1.52 G2: 0.85 p=0.409  CSDD, Increase in depressive symptoms G3: 1.59 G4: 1.32 G3 vs. G4: p=0.823 G5: 0.89 G6: 1.25 G5 vs. G6: p=0.630 |
| Sloane, 200810 Collaborative Studies of Long-Term Care Other | NR | NR |
| Tappen, 199411 NA Foundation or non-profit | NR | NR |
| Toseland, 199712 NA Government | NR | MOSES Subscale at baseline G1: 10.64 G2: 7.73 G3: 8.78  MOSES Subscale at endpoint G1: 9.19 G2: 10.29 G3: 8.18  MOSES Subscale change at endpoint G1: 1.45 G2: -2.56 G3: 0.6 p=NR, stated difference NS |

Evidence Table 5. Health outcomes for people with dementia: sleep quality and depressive symptoms (continued)

| Author, Year Trial Name Funding Source | Sleep Quality | Symptoms of Depression |
| --- | --- | --- |
| Whall, 199713 NA Other | NR | NR |
| Zimmerman, 200514 Dementia Care Project Foundation or non-profit | NR | NR |

Abbreviations: ANOVA = analysis of variance; CSDD = Cornell Scale for Depression in Dementia; G = group; MOSES = Multidimensional Observation Scale for Elderly Subjects; NA = not applicable; NR = not reported; vs. = versus.