new dynamics of ageing
a cross-council research programme

SomnIA

NDA project full title: SomnIA – Optimising Quality of Sleep Among Older People

PI: Sara Arber

Publications

Arber S, Bote, M. and Meadows R. (2009) 'Gender and socio-patterning of self-reported sleep problems in Britain', Social *Science and Medicine*, 68 (2): 281-289.

Arber, S. and Meadows, R. (2011) 'Social and Health Patterning of Sleep Quality and Duration'. In S McFall and C Garrington (eds) *Understanding Society: Early Findings from the first wave of the UK's Household Longitudinal Study*, Colchester: ISER, University of Essex, pp 88-98.

Arber, S. and Venn, S. (2011) 'Caregiving at night: Understanding the impact on carers', *Journal of Aging Studies*, 25: 155-165.

Dregan, A. and Armstrong, D. (2009) 'Age, cohort and period effects in the prevalence of sleep disturbances among older people: The impact of economic downturn.' *Social Science Medicine*, 69: 1432-38.

Dregan, A. and Armstrong, D. (2010) 'Adolescence sleep disturbances as predictors of adulthood sleep problems – A cohort study'. *Journal of Adolescent Health*, 26 (5): 482-7.

Dregan, A. and Armstrong, D. (2011) 'Cross-country variation in sleep disturbance among working and older age groups: An analysis based on the European Social Survey'. *International Psychogeriatrics,* 23 (9): 1413-20.

Ellmers, T. (2010) 'Promoting good sleep in care homes', *Caring Times*, December, p 14.

Eyers, I., Young, E., Luff, R. and Arber, S. (2012) 'Striking the balance: night care versus the facilitation of good sleep', *British Journal of Nursing*, 21 (5): 303-307.

Eyers, I, Young, E., Luff, R., Ellmers, T. & Arber, S. (2012) 'Rhetoric and reality in daily life in English care homes', *International Journal of Ageing and Later Life*, 6 (2). Forthcoming

Lalluka, T., Dregan, A. and Armstrong, D. (2011) 'Comparison of a sleep item from the GHQ-12 with the Jenkins sleep questionnaire as measures of sleep disturbances.' *Journal of Epidemiology*, 21(6): 474-80.

Luff, R., Ellmers, T., Eyers, I., Young, E. and Arber, S. (2011) 'Time spent in bed at night by care homes residents: Choice or compromise?' *Ageing and Society,* 31 (7): 1229-50.

Meadows, M. and Arber, S. (2012) 'Understanding sleep among couples: Gender and the social patterning of sleep maintenance among younger and older couples', *Longitudinal and Life Course Studies,* 3 (1): 66-79.

Meadows, R., Luff, R., Eyers, I., Venn, S., Cope, E. and Arber, S. (2010) 'An actigraphic study comparing community dwelling poor sleepers with non-demented care home residents', *Chronobiology International*, 27 (4): 842-854.

Morgan K., Kucharczyk E. and Gregory P. (2011) 'Insomnia: evidence-based approaches to assessment and management'. *Clinical Medicine*, 11(3): 278-281.

Revell, V. and Skene, D.J. (2010) 'Impact of age on human non-visual responses to light'. *Sleep and Biological Rhythms,* 8: 84-94.

Skene, D.J. (2008) Blue light and sleep, *Cataract & Refractive Surgery Today*, March supplement, 9-10.

Skene D.J. (2009) 'Testing blue light with the elderly', *Lighting Journal*, 74 (3): 15-18.

Venn, S. and Arber, S. (2011) 'Daytime sleep and active ageing in later life' *Ageing and Society*, 31 (2): 197-216.

Venn, S. and Arber, S. (2012) 'Understanding older peoples' decisions about the use of sleeping medication: Issues of control and autonomy' *Sociology of Health and Illness*, 34 (8): forthcoming.

Venn, S., Luff, R., Ellmers, T., Arber, S. and Eyers, I. (2010) 'Optimising quality sleep among older people in the community and care homes: Some key findings' *Generations Review,* 20: 4. *http://www.britishgerontology.org/10newsletter4/research5.asp*