Improving quantitative measurement of napping and overnight sleep in healthy older adults: a validation study

Day-time sleep (napping) is an important element of overall sleep, and may have separate health effects from overnight sleep. However, methods traditionally used to assess napping can be inaccurate and limit our ability to determine the health effects of day-time sleep. This study aims to investigate how newer wearable technologies can be used to improve the measurement of napping, and explore links between napping and overnight sleep.

We are looking for adults aged 60-85 years who:

- Live in the community within the Dunedin area
- Usually engage in day-time napping one or more days per week
- Do not have cognitive impairment, doctor diagnosed major neurological or other health conditions that may influence sleep, or regularly use hypnotic medication.

In this study, you will be asked to wear two watch-like devices and use the equipment we provide to monitor your day-time naps and overnight sleep for three days and nights. Researchers will visit you at your home to obtain your consent, explain the study and show you how to use the equipment, then collect the equipment from you at the conclusion of the study.

Participants will have an opportunity to learn more about their sleep, and be reimbursed with a $40 supermarket voucher as a thank you for participating.

This project has been reviewed and approved by the University of Otago Human Ethics Committee (Health). Reference: H23/119

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