

ARIC Manuscript Proposal # 806S

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Full Title: Sleep and Reported Daytime Sleepiness in Normal Subjects: The Sleep Heart Health Study

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Abstract

Study Objectives: To describe nocturnal sleep and reports of daytime sleepiness in a large, well defined group of healthy adults.

Design: The Sleep Heart Health Study is a multi-center study which examines sleep and cardiopulmonary parameters through nocturnal polysomnography in adults over 40 years of age who are enrolled in geographically distinct cardiovascular cohorts.

Setting: Subject's homes.

Participants: 476 subjects of the total 6440 subjects enrolled in the Sleep Heart Health Study were selected to form a 'normative' group based on screening of health conditions and daily habits which could interfere with sleep.

Measurements and Results: Home based nocturnal polysomnography was obtained on all participants and centrally scored for sleep and respiratory parameters. Demographic and health related data was obtained and updated at the time of the visit. Mean REM latency was 10.9 minutes longer in women than men. Sleep efficiency decreased by 1.2% for each 10 year age increase. Sleep time decreased by 0.08 hours (5.0 minutes) for each 10 year age increase and was longer in women. The arousal index increased by 0.6 for each 10 year increase in age and was lower by 2.1 in women. Women had lower mean percentage of stage 1 and stage 2. Mean percentage of SWS was higher in women (by 6.2%). Percent SWS decreased by 2.4% for each 10 year age increase for men while slightly increasing for women (0.6% /10 year change).

Conclusions: Data demonstrated a clear decrease in the quantity and quality of sleep over time which appears to be more rapid in males.

Key Words: Sleep Heart Health Study, home based polysomnography, normal subjects, gender, sleep

7.a. Will the data be used for non-CVD analysis in this manuscript? ☐ Yes ☐ No

b. If Yes, is the author aware that the file ICTDER02 must be used to exclude persons with a value RES_OTH = “CVD Research” for non-DNA analysis, and for DNA analysis RES_DNA = “CVD Research” would be used? ☐ Yes ☐ No

(This file ICTDER02 has been distributed to ARIC PIs, and contains the responses to consent updates related to stored sample use for research.)

8.a. Will the DNA data be used in this manuscript? ☐ Yes ☐ No

8.b. If yes, is the author aware that either DNA data distributed by the Coordinating Center must be used, or the file ICTDER02 must be used to exclude those with value RES_DNA = “No use/storage DNA”? ☐ Yes ☐ No

9. The lead author of this manuscript proposal has reviewed the list of existing ARIC Study manuscript proposals and has found no overlap between this proposal and previously approved manuscript proposals either published or still in active status. ARIC Investigators have access to the publications lists under the Study Members Area of the web site at: <http://bios.unc.edu/units/csc/ARIC/stdy/studymem.html>

☐ Yes ☐ No