

SleepBehCoding.doc February 15, 1995

SLEEP BEHAVIORS: CODING MANUAL

Laura Creti, Catherine S. Fichten, Harriet Lennox, Eva Libman
SMBD Jewish General Hospital and Dawson College
Montreal, Quebec, Canada
1994

PREAMBLE

This manual classifies the content of open-ended descriptions of what people do when they are trying to fall asleep. The codes include both coping strategies of various sorts (e.g., watch TV, take sleeping pill) as well as passive occurrences (e.g., tossing and turning).

Codes are grouped into 2 major categories: **STRATEGIES** and **NON-STRATEGIES**.

Within **STRATEGIES**, codes are further grouped as:

**medication,
food & drink,
media,
relaxation,
cognitive activities,
miscellaneous out of bed activity,
miscellaneous in bed activities.**

Within **NON-STRATEGIES**, codes are further grouped as:

**anxious behavior,
other behavior.**

Individual codes are numbered to correspond with the numbering system used on the 30 item **Sleep Strategies Questionnaire** (cf. Fichten, Creti, Amsel, Brender, Weinstein, & Libman, E., 1994).

CODING RULES

- o If the respondent lists more than one concept which fits a particular behavior code (e.g., have a glass of wine, have a liqueur), code that strategy only once [in this case, "drink: alcoholic" (#4)].

- o "Doing nothing" is scored 0.

- o For each grouping, coders also indicate whether the respondent engaged in any of the activities included in the grouping. "Yes" = 1, "No" = 2.

- o Within each grouping, if there is ambiguity about which of two codes to select, a code which comes earlier in the listing should be chosen over one which comes later (e.g., in Category V: COGNITIVE ACTIVITIES, select the 4th item, "prayer" rather than the 5th item, "positive thoughts.")

SUMMARY OF CONTENT CODES

(details and examples on next page)

SLEEP STRATEGIES

I. MEDICATION

1. prescription medication
2. nonprescription medication

II. FOOD & DRINK

3. eat
4. drink: alcoholic
5. drink: milk
6. drink: caffeinated
7. drink: unspecified or non-caffeinated

III. MEDIA

23. read
24. TV
25. radio
26. music
27. radio
28. audiobook

IV. RELAXATION

29. tapes: "relaxing sounds"
30. active attempt to relax
20. hot bath
21. lie in bed quietly
22. lie very still

V. COGNITIVE ACTIVITIES

8. imagery
9. boring/monotonous/repetitive task
10. mental puzzles
11. pray
13. positive thoughts
14. try to change thoughts
12. problem solving, review, miscellaneous thoughts

VI. MISCELLANEOUS OUT OF BED ACTIVITY

15. get out of bed and ...

VII. MISCELLANEOUS IN BED ACTIVITIES

16. miscellaneous in bed activities

NON-STRATEGIES

VIII. ANXIOUS BEHAVIOR

17. cognitive
18. behavioral

IX. OTHER BEHAVIOR

19. toilet
0. doing nothing, miscellaneous non-sleep strategies

CODING DEFINITIONS AND EXAMPLES

SLEEP STRATEGIES

I. MEDICATION [Did respondent indicate any of the activities below? Yes(1)__ No(2)__]

1. **prescription medication** to help with sleep (includes Ativan, Valium, prescription analgesics with codeine)
2. **nonprescription medication** to help with sleep (includes Nytol, Sominex, Gravol, Contac-C, anti-histamines, 222s, aspirin, herbal tablets)

II. FOOD & DRINK [Did respondent indicate any of the activities below? Yes(1)__ No(2)__]

3. **eat**
4. **drink: alcoholic**
5. **drink: milk**
6. **drink: caffeinated** (coffee, cola, regular tea)
7. **drink: unspecified or non-caffeinated** (water, juice, 7-Up, herbal tea) (score only if none of the above fit)

III. MEDIA [Did respondent indicate any of the activities below? Yes(1)__ No(2)__]

23. **read**
24. **TV**
25. **radio talk:** talk shows, interviews or dramatization
26. **music** (on the radio, tape, CD)
27. **radio:** unspecified (whatever happens to be on) (score only if none of the above fit)
28. **audiobook** (recorded books, plays, etc.)

IV. RELAXATION [Did respondent indicate any of the activities below? Yes(1)__ No(2)__]

- 29. **tapes: "relaxing sounds"** (e.g., sounds of waves)
- 30. **active attempt to relax** (through: meditation, yoga, relaxation exercises, deep breathing, focusing on sensations in arms or legs, relaxation tape)
- 20. **hot bath**
- 21. **lie in bed quietly**
- 22. **lie very still**

V. COGNITIVE ACTIVITIES [Did respondent indicate any of the activities below? Yes(1)__ No(2)__]

- 8. **imagery** (dark hole, count windows on favorite building, beach scene)
- 9. **boring/monotonous/repetitive task** (e.g., repeat words, count, watch clock)
- 10. **mental puzzles** (e.g., play a golf course), word puzzles write mental letters
- 11. **pray**
- 13. **positive thoughts** (think pleasant thoughts, reassurance, cognitive restructuring: e.g, "It's OK to be awake - my body is resting.")
- 14. **try to change thoughts:** technique unspecified (forget problems, try not to worry)
- 12. **problem solving, review, miscellaneous thoughts** (resolve problems/dilemmas/worries, review day/past/next day's activities, future plans, past events)

VI. MISCELLANEOUS OUT OF BED ACTIVITIES [Did respondent indicate any of the activities below? Yes(1)__ No(2)__]

- 15. **get out of bed and ...**
 - o do something active (e.g., work, bake, knit, clean, computer bridge, crosswords, write letters, phone calls, draw, stretching exercises)
 - o miscellaneous out of bed activity (walk around, go to another room, look out window)

- o leave the bed (unspecified)

VII. MISCELLANEOUS IN BED ACTIVITIES [Did respondent indicate any of the activities below? Yes(1)___ No(2)___]

16. **miscellaneous in bed activities** (cigarette, talk to spouse, put on eye blinders, ear plugs, heating pad)

- o have sex
- o stay in bed (nothing special, rest and relax, try to get comfortable, try to sleep)

NON-STRATEGIES

VIII. ANXIOUS BEHAVIOR [Did respondent indicate any of the activities below? Yes(1)___ No(2)___]

17. **cognitive**: worry, feel anxious/tense

18. **behavioral**: toss and turn, restless

IX. OTHER BEHAVIOR

19. **toilet**

0. **doing nothing and miscellaneous non-sleep strategies**(e.g., get up, start the day) (**use only if there are no other codable behaviors**)

REFERENCES

Fichten, C.S., Creti, L., Amsel, R., Brender, W., Weinstein, N., & Libman, E. (in press). Poor sleepers who do not complain of insomnia: Myths and realities about psychological and lifestyle characteristics of older good and poor sleepers. **Behavioral Medicine**.