1. a. Full Title Relations between Reported and Measured Sleep Times.
The Sleep Heart Health Study

b. Abbreviated Title (Length 26):
Reported vs. Measured Sleep

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4. Rationale:
Concordance between self-reported usual sleep habits and behavior on the night of an ambulatory PSG has not been reported, and very limited data exists on subjects' ability to estimate sleep times. This analysis will characterize the relations among self-report of habitual sleep, self-estimation of sleep during a PSG and the ISC measurement.

5. Main Hypothesis:
1. Subjects overestimate sleep latency and underestimate total sleep times on the night of an ambulatory PSG. The subject's age, gender, Respiratory Disturbance Index and opinion about their PSG sleep may affect their ability to estimate accurately.
2. "Usual sleep" will correlate with both "estimated sleep" on a PSG night and with "1'SG sleep" as measured by the monitor.

6. Data (variables, time window, source, inclusions/exclusions): All Participants with completed Sleep Habits Questionnaire, Morning Survey and PSG Report will be included. For each instrument, a bedtime, wake time, total sleep time and sleep onset latency will be calculated. Subjects who were asleep at the start of recording or for whom lights off signal is inappropriate will be
Excluded from analyses of bedtime and sleep onset latency. Subjects who were asleep at the end of recording will be excluded from analyses of wake time.