

Multifactorial Barriers and Facilitators for Sleep Health in Caregivers of Family Members with Dementia



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Background

- Over 11 million Americans provide unpaid care to a person, often family member, living with dementia (PWD).
- Sleep issues are common in caregivers of family members with dementia and linked to serious health problems.
- Interventions for caregiver sleep often focus on caregiver behavioral strategies but lack longstanding efficacy.

Methods

- Participant recruitment through local geriatrics clinical and research networks; ResearchMatch national online database
- Semi-structured, in-depth interviews with current and former caregivers of family members with dementia
- Thematic analysis with constant comparative method to generate properties of factors that influence caregiver sleep
- Team of four coders, two external validators

Caregiver Characteristics (N= 30)	Mean (range) / n (%)
Age	63 (45 – 92)
Women	17 (57%)
Black	7 (23%)
Hispanic/ Latinx	5 (17%)
Non-Hispanic White	17 (57%)
Spouse/partner of person with dementia	14 (47%)
Current caregiver	19 (63%)

Table 1. Caregiver characteristics

Questions

How are emerging and persistent caregiver sleep issues described as multifactorial across a 3P model of predisposing, precipitating, and perpetuating factors?

How do barriers and facilitators for caregiver sleep relate to the ecological model of health behavior, which accounts for multiple levels of influence (e.g. caregiver, care dyad, care network, public policy)?

Results

Predisposing (pre-existing)	Precipitating	Perpetuating
Caregiver Health, sleep behaviors <i>Prior caregiving experience</i>	Role rumination Guilt, distress, self-doubt Hypervigilance	Reactive sleep habits Bedtime procrastination Post-traumatic stress
Care dyad <i>Preserved humanity</i>	Increasing night care needs Wandering, falls	Access to resources Barriers to healthcare <i>Support groups, faith</i>
Care Network Social isolation Delayed dementia diagnosis	<i>Institutionalization ---</i> <i>Home hospice -----</i>	<i>--- ></i> <i>--- ></i>

Figure 1. Sleep problem accumulation in dementia family caregivers
Protective factors in orange

Limitations

- Heterogeneity among participants meant implications generalizable but less focused
- Disparities in access to some interventions for caregiver sleep, e.g. institutionalization of PWD

Conclusions & Implications

- Caregiver sleep problems are multifactorial, cumulative

Our findings suggest a need for...

- Early dementia diagnosis --> caregiver preparation
- Multifactorial interventions (e.g. MediCaring) early in dementia trajectory & addressing ecological context that influences caregivers' sleep behavior

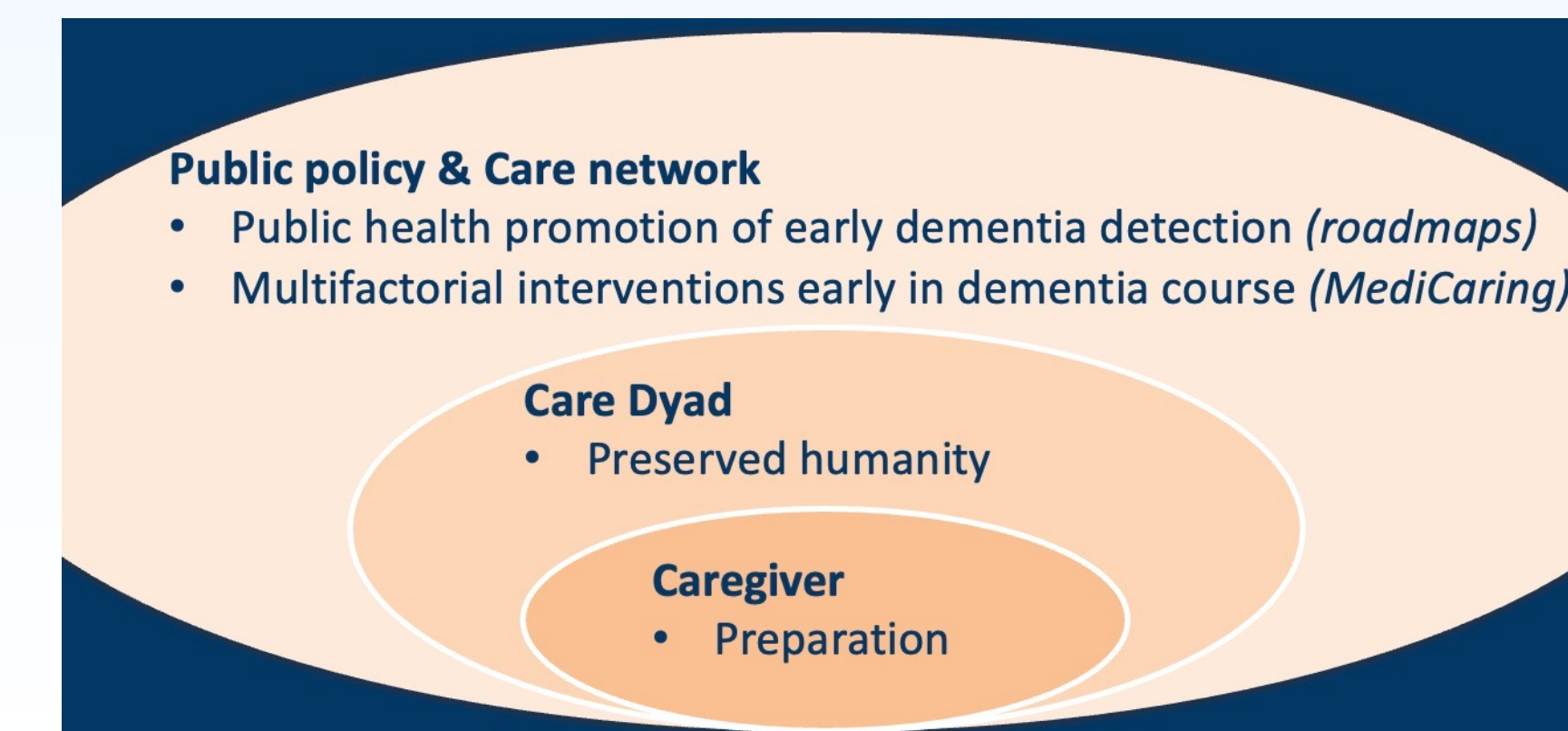


Figure 2. Interventions to improve caregiver sleep