

**Brief Intervention for Sleep Medication Misuse Among Elderly
(BI-sleep)**

Clinical trials reg: NCT06032715

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Analyses plan for screening data (collected prior to randomisation of patients for RCT)

(Outcome measures 12-13 in registered protocol)

Clinical trials registration of screening data analyses plan – BI sleep study

Research questions:

RQ1) what is the prevalence of potentially inappropriate z-hypnotics and other central nervous system depressant medication use in screened General Practitioners population?

RQ2) what is the prevalence of self-reported sleep difficulties in screened population?

RQ3) what is the relationship between potentially inappropriate z-hypnotics and self-reported sleep difficulties

RQ4) What is the proportion of variance in z-hypnotic use on the GP level?

Descriptive statistics:

Characteristics of participants:

- Patients' gender and age, GP's gender, number of GPs participated and patients per GP included.

Prevalence of:

- 1) Potentially inappropriate z-hypnotics (*defined as use three times or more per week for more than four weeks, OR all user*), and central nervous system depressant medication use (*defined as continuous use*) in screened GP population
- 2) Patient self-reported sleep difficulties on screening questionnaire, variables includes:
 - Sleep difficulties (yes/sometimes, and no)
 - Trouble falling asleep (yes or no), trouble staying a sleep (yes or no)
 - Sleep difficulties related to pain, death in family, staying up thinking (yes or no).

Post hoc/explorative analysis qualitative (mixed methods).

Text analysis of comments from participant on reasons for sleep difficulties

Main analyses: Logistic random effects regression

Model 1:

Outcome: z-hypnotic use (defined by use three times or more per week for more than four weeks OR any use four last weeks (yes/no).

Random effect: GP

Fixed effect: patient gender, age, sleep difficulties.

Model 2:

Outcome: z-hypnotic use (defined by use three times or more per week for more than four weeks OR any use four last weeks) (yes/no).

Random effect: GP

Fixed effect: patient gender, age, sleep difficulties types.

Model 3:

Outcome: z-hypnotic use (defined by use three times or more per week for more than four weeks OR any use four last weeks) (yes/no).

Random effect: GP

Fixed effect: patient gender, age, sleep difficulties reasons.

Model 4:

Outcome: z-hypnotic use (defined by use three times or more per week for more than four weeks OR any use four last weeks) (yes/no).

Random effect: GP

Fixed effect: intercept only.

Post hoc/explorative analysis quantitative: Gender to gender differences between GPs and patients using z-hypnotics, benzodiazepine and opioids.