Sleep, Well-Being and Active Ageing
New Evidence for Policy and Practice

Thursday 28th October 2010

Church House Conference Centre,
Dean’s Yard, Westminster, London SW1P 3NZ

The Conference aims to:
- Place ‘sleep quality’ at the heart of the health, well-being and active ageing agenda
- Disseminate research findings from the 4 year ‘SomnIA: Sleep in Ageing’ project
- Influence policy and practice in relation to sleep and night-time care in care homes
- Raise awareness of the importance of the lighting environment for sleep and well-being
- Improve policy and practice in relation to the management of insomnia in primary care
- Demonstrate how a range of novel sensor devices can improve sleep at home and in care homes

Speakers Include:
Baroness Sally Greengross
Michelle Mitchell
Prof. Mike Nolan
Prof. Jill Manthorpe
Des Kelly OBE
Prof. Peter Lansley
Prof. Colin Espie
Prof. Niro Siriwardena
Prof. Sir George Castledine
Why is Sleep Important?
- Sleep quality is fundamental for healthy ageing
- Poor sleep is one of the most common complaints of old age
- Good sleep in later life reduces the risk of falls, accidents and depression
- Good sleep reduces vulnerability to daytime fatigue, and is essential for maintaining activity and performance levels

Who Should Attend?
- Policy-makers
- Government departments
- Care home managers and care providers
- Care commissioners and care inspectors
- Geriatricians and GPs
- Older people’s organisations
- Health and social care professionals
- Social services
- Researchers and academics

Programme

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.15</td>
<td>Registration and coffee</td>
</tr>
<tr>
<td>9.45</td>
<td>Welcome and opening</td>
</tr>
<tr>
<td>9.45</td>
<td>Prof. Sara Arber, Director, Centre for Research on Ageing and Gender (CRAG), University of Surrey</td>
</tr>
<tr>
<td></td>
<td>Baroness Sally Greengross, Chief Executive, International Longevity Centre</td>
</tr>
<tr>
<td>10.10</td>
<td>Promoting ageing, health and well-being: The importance of sleep</td>
</tr>
<tr>
<td></td>
<td>Michelle Mitchell, Charity Director, Age UK</td>
</tr>
<tr>
<td></td>
<td>Prof. Kevin Morgan, Sleep Research Centre, Loughborough University</td>
</tr>
<tr>
<td>10.40</td>
<td>Promoting quality of life for care home residents</td>
</tr>
<tr>
<td></td>
<td>Prof. Mike Nolan, Sheffield Institute of Ageing Studies</td>
</tr>
<tr>
<td></td>
<td>Anna Passingham, Counsel and Care</td>
</tr>
<tr>
<td></td>
<td>Dr Ingrid Eyers, University of Surrey/ Centre for Research on Ageing and Society, University of Vechta, Germany</td>
</tr>
<tr>
<td>11.20</td>
<td>Coffee</td>
</tr>
<tr>
<td>11.40</td>
<td>Parallel Sessions</td>
</tr>
<tr>
<td></td>
<td>Sleep and daily life in care homes: The residents’ perspective</td>
</tr>
<tr>
<td></td>
<td>Theresa Ellmers, University of Surrey</td>
</tr>
<tr>
<td></td>
<td>Prof. Jill Manthorpe, Director, Social Care Workforce Research Unit, King’s College London</td>
</tr>
<tr>
<td></td>
<td>Des Kelly OBE, Executive Director, National Care Forum</td>
</tr>
<tr>
<td>12.40</td>
<td>Lunch</td>
</tr>
</tbody>
</table>

Exhibition and posters from the SomnIA project on display throughout the conference

9.15   | Registration and coffee  
9.45   | Welcome and opening  
10.10  | Promoting ageing, health and well-being: The importance of sleep  
10.40  | Promoting quality of life for care home residents  
11.20  | Coffee  
11.40  | Parallel Sessions  
12.40  | Lunch
1.40 Therapies and technologies to optimise sleep and well-being in later life
Prof. Peter Lansley, Director, KT-EQUAL/SPARC, University of Reading
Prof. Colin Espie, Director, University of Glasgow Sleep Centre
Jim Phillips, Policy Director, Expert Patients Programme CIC

2.40 Parallel Sessions
(A) 24 hour care home policies and residents’ sleep
Dr Rebekah Luff, University of Surrey
Dr Heather Wilkinson, University of Edinburgh
Dr Jacqueline Morris, Consultant Physician, British Geriatric Society Dignity Champion

(B) The development of technologies to improve sleep and well-being
Prof. Roger Orpwood, Bath Institute for Medical Engineering, University of Bath
Prof. Garth Johnson, Centre for Rehabilitation and Engineering Studies, University of Newcastle
Dr Bruce Carey-Smith, Bath Institute for Medical Engineering, University of Bath

(C) Managing sleep and insomnia in chronic conditions
Prof. Kevin Morgan, Sleep Research Centre, Loughborough University
Prof. Niro Siriwardena, Professor of Primary and Prehospital Health Care, University of Lincoln
Prof. Colin Espie, Director, University of Glasgow Sleep Centre

3.40 Tea and coffee

4.00 Panel discussion: Policies to improve active ageing, sleep and well-being
Chair: Prof. James Goodwin, Director of Research, Age UK
Prof. Sir George Castledine, Chief Executive, Institute of Ageing and Health, Professor and Consultant in Nursing
Tom Owen, Co-Director, My Home Life
Dr Graham Stokes, Director of Dementia Care, BUPA Care Services
Dr Gillian Dalley, Consultant, BCD Care Associates
Dr Maureen Tomeny, Consultant Clinical Psychologist and Clinical Partnership Director, Notts Healthcare NHS Trust

5.00 Close

SomnIA: Sleep in Ageing
SomnIA has conducted a range of interlinked studies aiming to optimise quality sleep among older people. These include:
- Research to understand the meanings and determinants of poor sleep quality among older people in the community and care homes.
- Trials to evaluate cost-effective non-pharmacological self-management of insomnia among people with chronic illness.
- Evaluation of the effects of ‘blue-enriched’ light in improving the sleep and well-being of older people in the community and care homes.
- Developing novel sensor-based products to help frail older people’s sleep.
- Developing a web module on ‘Sleep Problems in Later Life’ for Healthtalkonline.

Investigators
Prof. Sara Arber, University of Surrey (Sociology), Principal Investigator
Prof. David Armstrong, King’s College London (Medicine)
Dr Ingrid Eyers, University of Surrey /University of Vechta, Germany (Health & Social Care)
Prof. Kevin Morgan, Loughborough University (Psychology)
Prof. Roger Orpwood, University of Bath (Engineering)
Prof. Debra Skene, University of Surrey (Physiology)

Core Management
Dr Rebekah Luff, University of Surrey
Susan Venn, University of Surrey

Project Partners
Age UK
Healthtalkonline (University of Oxford)
Nottinghamshire Healthcare NHS Trust
Philips Lighting
The Relatives & Residents Association

*The SomnIA Collaborative Research Project is funded by the Cross Council New Dynamics of Ageing initiative, a multidisciplinary research programme supported by AHRC, BBSRC, EPSRC, ESRC and MRC. (Grant number RES-339-25-0009).
Please tick one morning and one afternoon Parallel Session that you would prefer to attend.

**Morning: 11.40-12.40**
- (A) Sleep and daily life in care homes: The residents' perspective
- (B) Improving lighting for sleep and well-being in older people
- (C) Experiences of poor sleep in the community: Approaches and techniques to enable active ageing

**Afternoon: 2.40-3.40**
- (A) 24 hour care home policies and residents' sleep
- (B) The development of technologies to improve sleep and well-being
- (C) Managing sleep and insomnia in chronic conditions