

HANDLS Sleep Study

The HANDLS Sleep-Cognition Study is funded by the National Institute on Aging (NIA) through a grant to the Pennsylvania State University. Field Interviewers will complete survey questions and cognitive assessments with a subgroup of HANDLS study participants, a cohort of 3,720 men and women from the Baltimore area, who now range between 50 and 80 years old, and have been interviewed periodically over time. Once a year for 4 years, Field Interviewers will contact participants to schedule a baseline telephone contact and, eight days later, a follow-up interview and cognitive assessment (via Zoom videoconference). For the seven days between the baseline contact and the Zoom videoconference, participants will wear an Actigraphy watch to monitor their sleep, and complete four short surveys (~6 minutes long) each day on a smartphone. Field Interviewers will be responsible for administering verbal consent and scheduling delivery of the watch and smartphone, conducting a baseline contact to orient the participants to the equipment, and conducting the Zoom videoconference, which comprises an in-depth interview and cognitive tests using a tablet and cognitive assessment tools. They will also coordinate with the Westat Phlebotomist to schedule an in-home blood collection visit (on day 9 or 10). Interviewers will score their own cognitive tests and contribute to second scoring of other interviewers' batteries.

This data collection effort will look at how sleep may impact health and well-being. Each videoconference will take about 3.5 hours. Study participants will be recruited prior to assignment to the Westat Field Interviewers, and are under regular follow-up by the HANDLS study, so Field Interviewers are not expected to conduct field tracing. Because data collection is via videoconference, no travel is required. Field Interviewers will coordinate with the home office to receive assignments, return completed work, and report weekly progress (e.g., production, costs) to their supervisor.

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