Evidence Table E26. KQ3 outcomes—difference in differences—sleeping

| **Improvement In Scale** | **Author, year** | **Outcome** | **Arm** | **N1** | **Mean** | **SD** | **T2** | **P Value** | **∆-∆ Calc** | **∆-∆ %** | **T3** | **P Value** | **∆-∆ Calc** | **∆ ∆ %** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Higher | Gross CR, 20111 | Total sleep time -actigraphy (hrs) | MBSR | 18 | 6.3 | 0.6 | 6–8 Wks |  |  |  |  |  |  |  |
| Higher | Gross CR, 20111 | Total sleep time -actigraphy (hrs) | drug | 9 | 6.4 | 0.6 | 6–8 Wks |  | −0.68 | −10.7 |  |  |  |  |
| Lower | Gross CR, 20111 | Wake after sleep onset-actigraphy (min) | MBSR | 18 | 57.2 | 24.8 | 6–8 Wks |  |  |  |  |  |  |  |
| Lower | Gross CR, 20111 | Wake after sleep onset-actigraphy (min) | drug | 9 | 61.2 | 38.3 | 6–8 Wks |  | 10.71 | 18.7 |  |  |  |  |
| Higher | Gross CR, 20111 | Total sleep time -DIARY (hrs) | MBSR | 17 | 6.3 | 0.7 | 8 Wks |  |  |  | 5 Mos |  |  |  |
| Higher | Gross CR, 20111 | Total sleep time -DIARY (hrs) | drug | 9 | 6.2 | 0.9 | 8 Wks |  | −0.4 | −6.3 | 5 Mos |  |  |  |
| Lower | Gross CR, 20111 | Wake after sleep onset-DIARY (min) | MBSR | 18 | 46.6 | 21.3 | 6–8 Wks |  |  |  | 5 Mos |  |  |  |
| Lower | Gross CR, 20111 | Wake after sleep onset-DIARY (min) | drug | 9 | 72.2 | 42.5 | 6–8 Wks |  | 24.86 | 53.3 | 5 Mos |  |  |  |
| Lower For Δ | Gross CR, 20111 | PSQI | MBSR | 18 | 11.5 | 1.9 | 8 Wks |  |  |  | 5 Mos |  |  |  |
| Lower For Δ | Gross CR, 20111 | PSQI | drug | 9 | 11.7 | 3.6 | 8 Wks |  | −1.69 | −14.7 | 5 Mos |  | −0.12 | −1.0 |
| Lower For Δ | Gross CR, 20111 | Insomnia severity Index | MBSR | 18 | 16.4 | 3.0 | 8 Wks |  |  |  | 5 Mos |  |  |  |
| Lower For Δ | Gross CR, 20111 | Insomnia severity Index | drug | 9 | 18.6 | 3.8 | 8 Wks |  | 2.55 | 15.5 | 5 Mos |  | 2.69 | 16.4 |
| Lower | Schmidt S, 20102 | PSQI | MBSR | 53 | 11.3 | 3.4 | 8 Wks |  |  |  | 16 Wks |  |  |  |
| Lower | Schmidt S, 20102 | PSQI | AC | 56 | 11.4 | 4.2 | 8 Wks |  | −0.02 | −0.2 | 16 Wks |  | −0.18 | −1.6 |
| Lower | Oken BS, 20103 | Epworth Sleepiness Scale | Meditation | 8 | 4.7 | 2.8 | 7–10 Wks |  |  |  |  |  |  |  |
| Lower | Oken BS, 20103 | Epworth Sleepiness Scale | Education | 11 | 6.6 | 4.8 | 7–10 Wks |  | 0.6 | 12.8 |  |  |  |  |
| Lower | Oken B.S., 20103 | Epworth Sleepiness Scale | Respite only | 9 | 7.1 | 4.7 | 7–10 Wks |  |  |  |  |  |  |  |
| Lower | Oken BS, 20103 | PSQI | Meditation | 8 | 8.7 | 3.4 | 7–10 Wks |  |  |  |  |  |  |  |
| Lower | Oken BS, 20103 | PSQI | Education | 11 | 8.0 | 2.7 | 7–10 Wks |  | 0.3 | 3.4 |  |  |  |  |
| Lower | Oken BS, 20103 | PSQI | Respite only | 9 | 9.5 | 3.7 | 7–10 Wks |  |  |  |  |  |  |  |
| Lower | Gross CR, 20104 | PSQI | MBSR | 71 | 8.3 | (6.9, 10.1) | 8 Wks |  |  |  | 12 Mos |  |  |  |
| Lower | Gross CR, 20104 | PSQI | HE | 66 | 7.2 | (6.0, 8.8) | 8 Wks |  | −2 | −24.1 | 12 Mos | 0.02 | −2.5 | −30.1 |
| Lower | Malarkey, 20125 | PSQI | MBI-Id | 93 | 8.7 | 0.3 | 8 Wks |  | NR/NS |  |  |  |  |  |
| Lower | Malarkey, 2012  5 | PSQI | Education  (NSAC) | 93 | 8.4 | 0.3 | 8 Wks | Ns | NR/NS |  |  |  |  |  |
| Lower | Barrett, 20126 | PSQI | MBSR | 51 | 5.1 | 2.6 | 9 Wks |  |  |  | 5 mos |  |  |  |
| Lower | Barrett, 20126 | PSQI | Exercise  (SAC) | 47 | 4.6 | 3.1 | 9 Wks | Ns | −0.09 | −1.8 | 5 Mos | Ns | −0.02 | −0.4 |
| Lower | Wolever, 20127 | PSQI | Mindfulness | 96 | 8.07 | 0.34 | 12 Wks |  |  |  |  |  |  |  |
| Lower | Wolever, 20127 | PSQI | Vinyana  Yoga  (SAC) | 90 | 7.69 | 0.35 | 12 Wks | Ns | 0.12 | −1.5 |  |  |  |  |

**Notes:** PSQI = Pittsburgh Sleep Quality Index; MBSR = Mindfulness-based Stress Reduction; HE = Health Education; AC = Active Control

References for Evidence Table E26

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