The purpose of this study was to objectively and subjectively describe the sleep of elders hospitalized on a general medical unit, and to determine the link between sleep and nighttime noise and light levels.

Dissemination and Benefits of a Replicable Tai Chi and Qigong Program for Older Adults
Roger A. Jahneke, Linda K. Larkey, and Carol Rogers
Tai Chi and Qigong (TCQG) show promise for improving many health outcomes and are recommended for dissemination to older adults. This descriptive dissemination study utilized a standardized TCQG intervention, "Tai Chi Easy," to train non-expert practice leaders in conducting practice sessions.

Exploration of Informal Caregiving Following Hip Fracture
Eun-Shim Nahm, Barbara Resnick, Denise Orwig, Jay Magaziner, and Mary DeGrezia
Informal caregivers of older adult hip fracture patients have assumed a critical role, providing consistent support to these individuals. Findings from this study revealed that there are unmet support needs expressed by informal caregivers of older adult who have experienced a hip fracture.

Sleep in Hospitalized Elders: A Pilot Study
Kathy Missildine, Nancy Bergstrom, Janet Meininger, Kathy Richards, and Marquis D. Foreman

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