

Table 5.

PSQI Subscales - Regular Exercise Studies

Author(s) ^a	Year	n ^b	Study design	Subgroup	PSQI Daytime	PSQI Disturbance	PSQI Duration	PSQI Efficiency	PSQI Latency	PSQI Meds	PSQI Subjective Quality
Jennings et al.	1981	9	RCT								
Guilleminault et al.	1995	20	RCT								
King et al.	1997	43	RCT		0.55	0.38	0.63	0.55	0.86	0.36	0.69
Alessi et al.	1999	29	RCT								
Naylor et al.	2000	23	Matched CT								
King et al.	2002	85	RCT				0.33		0.04		0.44
Tworoger et al.	2003	173	RCT								
de Jong et al.	2006	181	RCT								
Elavsky et al.	2007	102	RCT	Walking	0.13	0.04	0.36	0.35	0.42	0.07	0.13
Elavsky et al.	2007	61(39)	RCT	Yoga	-0.18	0.27	-0.01	-0.01	0.35	0.00	0.15
Frye et al.	2007	49	RCT	Low impact exercise							
Frye et al.	2007	23(21)	RCT	Tai Chi							
Littman et al.	2007	167	RCT								
King et al.	2008	66	RCT		0.65	0.63	0.03				
Chen et al.	2009	128	RCT		0.90				0.70		1.12
Manzaneque et al.	2009	39	RCT								
Chen et al.	2010	55	RCT		0.98	1.36	0.90	0.98			
Reid et al.	2010	17	RCT		1.44	0.80	1.22	1.83	1.14	0.74	2.29
Hosseini et al.	2011	56	RCT								
Richards et al.	2011	102	RCT								
Chen et al.	2012	55	RCT		1.80	0.56	1.46	0.75	1.55	0.47	1.87
Kalak et al.	2012	51	RCT								
Kline et al.	2012	243	RCT	4 KKW							
Kline et al.	2012	99(92)	RCT	8 KKW							
Kline et al.	2012	95(92)	RCT	12 KKW							
Nguyen et al.	2012	73	RCT								
Yeh et al.	2012	70	Matched CT		0.94	0.80	1.26	1.99	1.38	0.15	2.14
Oudegeest-Sander et al.	2013	21	RCT								
Pinniger et al.	2013	35	RCT	Exercise							
Pinniger et al.	2013	23(18)	RCT	Tango							
Overall Effect^c		2193			0.75***	0.56***	0.63***	0.85**	0.75***	0.19	1.02***

Notes.

^aStudies conducted with participants with sleep disturbance in bold

^bParticipants utilized multiple times are noted in parentheses

^cOverall effect only presented for outcomes with n > 5 comparisons

Definitions and abbreviations are listed below:

PSQI = Pittsburgh Sleep Quality Index, RCT= Randomized Controlled Trial, Matched CT = Matched Controlled Trial

* p<.05 **p<.01 ***p<.001

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