Sleep Intervention Research Study

PARTICIPANTS NEEDED

We are currently enrolling persons living with cognitive impairment, together with their caregivers, if both are having trouble getting restful or uninterrupted sleep.

The purpose of this study is to determine if cognitive behavioral therapy for insomnia is a practical and useful intervention for your sleep problems.

What you'll do:

- Wear a wristwatch for up to 4 weeks
- Complete questionnaires and daily sleep diaries
- Participate in 8 study visits via videoconferencing

Earn up to $100 for your time and participation.

CONTACT PI
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