

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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