

Are you a caregiver to a parent, spouse, sibling, etc.? Do you both have sleep difficulty?

Our study is the SLEEPMATE study (virtual), looking at sleep problems, as these are common among individuals living with memory loss, cognitive changes, or dementia, as well as their caregivers. These sleep issues can lead to various mental and cognitive health problems for both individuals.

The SLEEPMATE study aims to assess whether a 6-week customized cognitive behavioral therapy for insomnia intervention delivered via videoconference to both individuals with memory loss, cognitive changes, or dementia and their caregivers, is easy to do, liked by participants, and effective in improving sleep. If eligible, you will be compensated for your time.