

Our RESEARCH

USF College of Nursing Caregiving Lab

Our researchers have conducted over 20 years of federally-funded research that focuses specifically on helping caregivers of persons with dementia. The goal in this study is to test interventions that improve the sleep and overall health of YOU, the caregiver.



To be
successful in
improving the
lives of
caregivers,
WE NEED YOU!!

*Only through the generosity
of caregivers volunteering
for these studies will we be
able to develop the most
effective and useful
interventions for future*

This study protocol has been approved
by the Institutional Review Board at the
University of South Florida.
IRB PROTOCOL #3931

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University of South Florida

COLLEGE OF NURSING

health.usf.edu/nursing

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- ◆ Are you a **CAREGIVER** of someone with dementia or Alzheimer's disease?
- ◆ Do you have **trouble sleeping**?
- ◆ Are you interested in **participating in a research study**?



THIS STUDY

Information on Study Phase 1

- Two week study with 3 visits
- Researchers come to your home at your convenience
- Measure your sleep
- Complete questionnaires on fatigue, depression, physical activity, thinking ability and stress
- Draw blood one time
- Determine your eligibility for Phase 2
- Phase 1 participants receive \$20 gift card upon completion

Information on Study Phase 2

- Receive a system to alert caregivers of awakenings of the person with dementia
- Be randomized to one of two behavioral sleep treatment
- Six month study with ~20 visits in your home
- Phase 2 participants receive up to \$80 and the option to keep the night home monitoring system

Potential Benefits

- Provide help to future caregivers by building scientific knowledge about caregiving

ELIGIBILITY

You may be eligible if you:

1. Are the **primary caregiver** of a person with dementia or Alzheimer's disease and living in the same home.
2. Are able to read and speak English.
3. Do not use a cane or walker at night to walk in the home.
4. No history of sleep apnea or restless leg syndrome.



FOR MORE INFORMATION

**Contact our study team:
(813) 974-1827**



**We look forward to
hearing from you!**

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