

The TIMES study was funded by the NIHR, Sponsored by the University of Exeter, coordinated by the Exeter Clinical Trials Unit, and delivered in Primary Care practices by GP's, in England, UK.

Public involvement, from carers with lived experience and people living with dementia and MCI, and representative organisations (Innovations in Dementia, Together in Dementia Everyday and Chinese Wellbeing) were involved in all stages of the study, and provided central guidance and support on the development of participant facing materials and study implementation. The TIMES intervention was also co-designed through a series of workshops, by people with lived experience, GP's, healthcare professionals, academics, and sleep experts.

The study took place in 10 GP practices throughout England, between 08-Aug-2024 – 25-Jun-2025, and 23 patient-carer participants took part.

The research was needed to determine whether it would be feasible to recruit patients, collect data to assess any changes in health outcomes, and whether participation in the TIMES intervention was acceptable. These data will be used to design a larger full-scale trial that will test the effectiveness of the TIMES intervention.

Findings from this study showed reasonable participant recruitment, excellent data completion and intervention participation. These results informed the decision from an independent steering committee, funder and Sponsor, to support progression to a larger full-scale Definitive trial.

The TIMES Definitive trial is currently being delivered in England, with a target of 66 GP practices and 420 patient-carer participants involved.

More information about TIMES can be found here: <https://connectedageing.org/>