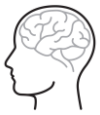
Study of the use of contactless sleep tracking devices to measure sleep in dementia and mild cognitive impairment (SleepXacT).

Summary Information Sheet



People living with dementia or mild cognitive impairment (MCI) often experience poor sleep. This can affect their ability to enjoy daily activities and their well-being, as well as the well-being of those who care for them.

The SleepXacT study aims to better understand sleep in dementia and MCI by using a sleep tracker to monitor sleep at home and a tailored plan to improve sleep. Participation involves both patients and their carers (unpaid and professional).

The study runs for 15 weeks. During this time, we will ask you both to complete some questionnaires about your sleep and well-being, which will take about 25 minutes. This will happen on 3 occasions - at the start, middle, and end of the study.

We will use a contactless bedside sleep tracker to monitor your sleep at home, with the help of your carer. This will happen 3 times, at the start, middle and end of the study, for 3 to 7 days each time.

We will ask you both to attend a 30-minute and a 15-minute consultation with your GP to discuss your sleep and develop a tailored plan to improve it.

We will ask your carer to take part in a 40 to 60 minutes interview to share their thoughts on setting up and using the sleep tracker.

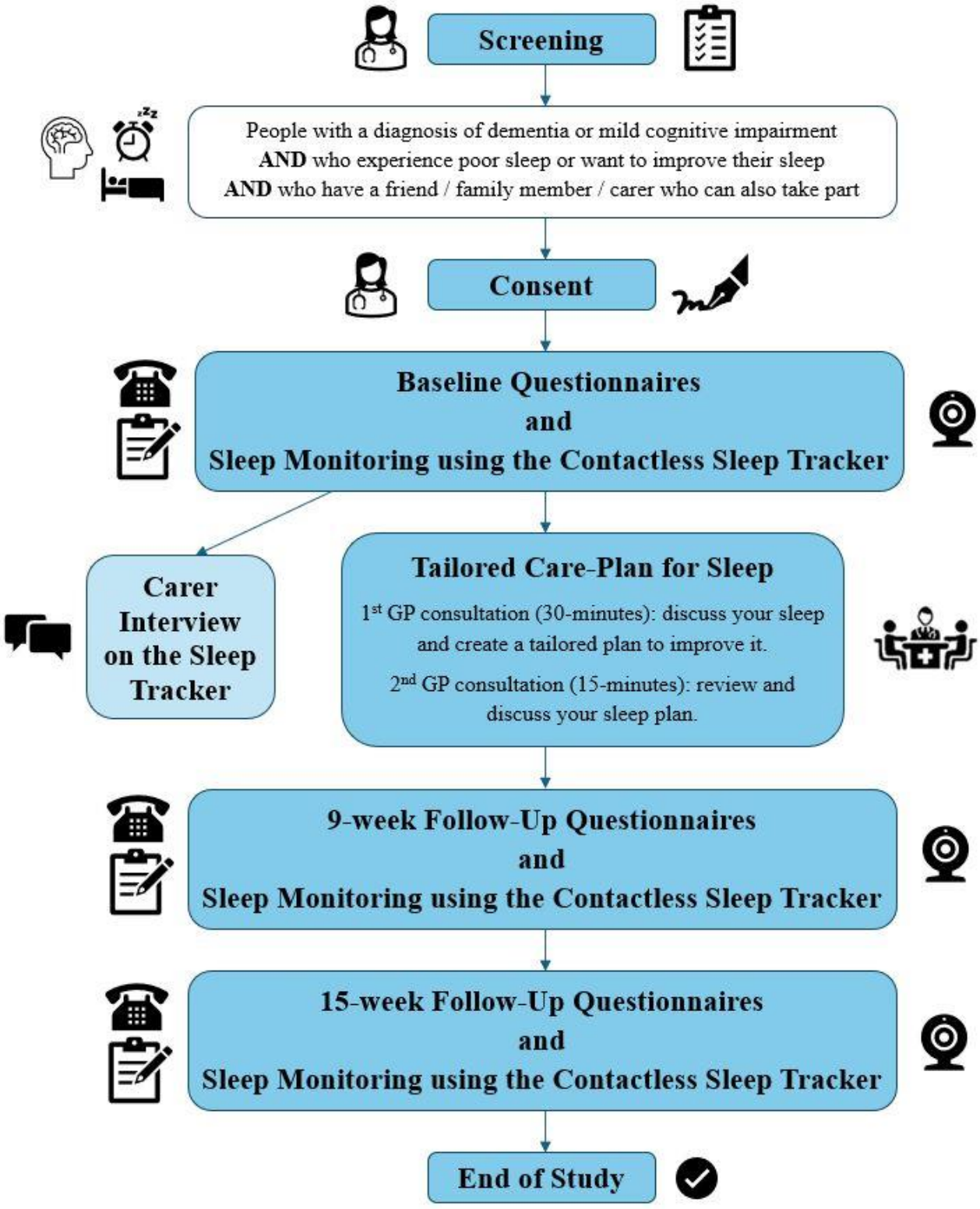
In this research study we will use information from you, from your medical records at your GP practice, your GP, your carer who is taking part in this study with you, and from the sleep tracker. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study.

Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules. At the end of the study we will save some of the data in case we need to check it and for future research. We will make sure no-one can work out who you are from the reports we write.

The information pack tells you more about this.

It is entirely up to you to decide whether or not to take part.

You do not have to give a reason if you do not want to be involved, and your usual care will not be affected in any way. If you decide to take part and then change your mind later, that is fine too.


Screening
People with a diagnosis of dementia or mild cognitive impairment
AND who experience poor sleep or want to improve their sleep
AND who have a friend / family member / carer who can also take part
Consent
Baseline Questionnaires
and
Sleep Monitoring using the Contactless Sleep Tracker
Carer Interview on the Sleep Tracker
Tailored Care-Plan for Sleep
1st GP consultation (30-minutes): discuss your sleep and create a tailored plan to improve it.
2nd GP consultation (15-minutes): review and discuss your sleep plan.
9-week Follow-Up Questionnaires
and
Sleep Monitoring using the Contactless Sleep Tracker
15-week Follow-Up Questionnaires
and
Sleep Monitoring using the Contactless Sleep Tracker
End of Study