

Advert For Different Stroke Website

Title of Project:

Development and evaluation of a cognitive behavioural intervention for post stroke insomnia.

Study Aims:

The aim of the study is to examine the usefulness of cognitive behavioural therapy (CBT) for those who experience insomnia after stroke. Insomnia refers to a difficulty getting to sleep or staying asleep which is often experienced by people after stroke. CBT is a form of psychological treatment that does not involve medication.

The study asks participants to attend 8 sessions of CBT at the Clinical Neuroscience Research Team laboratory at the University of Surrey in Guildford. Sessions involve discussing sleep problems and thinking about how we can improve your sleep. We will follow a comprehensive manual which will provide detailed information about sleep and techniques you can try at home to improve your sleep pattern. This will involve making some changes to your lifestyle, your sleep schedule, your daily routine and finding ways to help you relax. You can keep this manual to help you use the techniques at home. Research has shown that this form of treatment is effective in people with long term illnesses with sleep problems.

Given that sleep is important for health and wellbeing, it is hoped that this form of therapy will benefit quality of life for those with sleep problems after stroke.

Recruitment Criteria:

I am looking for persons who experienced a stroke at least one year ago, are between the ages of 18 and 75 and experience sleep problems.

What The Study Involves:

Participants will be asked to attend an assessment prior to therapy sessions to determine if the treatment is suitable for them. During therapy, we will monitor your sleep. This will involve questionnaires, sleep diary and wearing an 'actiwatch'. An actiwatch is a small wrist worn device that measures your sleep.

Researcher Contact Details:

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