

NiteCAPP: Web-based Interventions for Insomnia in Rural Dementia Caregivers

NCT04896775

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of South Florida
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (2)

- Insomnia: 1. complaints for 6+ mos, 2. adequate opportunity and circumstances for sleep, 3. 1+ of the following: difficulty falling asleep, staying asleep or waking too early, 4. daytime dysfunction (mood, cognitive, social, occupational) due to insomnia, 5. baseline diaries indicate ≥ 30 mins of sleep onset latency or wake after sleep onset on 3+ nts.
- PWD Eligibility. 1. probable/possible Alzheimer's Disease (self-report or primary care provider written confirm), 2. 1+ problem on Nighttime Behavior Inv. 3+ nts/wk, 3. tolerate actigraphy, 4. no sleep meds 1+ mo or stabilized 6+ mos, 5. untreated sleep disorder for which CBT-I is not recommended (e.g., apnea), 6. scoring ≤ 32 on Sleep Apnea scale, Sleep Disorders Ques.

Locations (1 total)

University of South Florida, Tampa, Florida, United States