

NIA_Improving Function and Well-being by Improving Patient Memory: Transdiagnostic Sleep and Circadian Treatment

NCT05986604

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, Berkeley
Enrollment	178 participants

Key Eligibility Criteria

Inclusion (7)

- Aged 50 years and older;
 - English language fluency;
 - Experiencing a mobility impairment;
 - Low income;
 - Exhibit a sleep or circadian disturbance as determined by endorsing 4 "quite a bit" or 5 "very much" (or the equivalent for reverse scored items) on one or more PROMIS-SD questions.
- ... and 2 more (see full listing online)

Exclusion (6)

- Severe untreated sleep disordered breathing (AHI \geq 30) or moderate untreated sleep disordered breathing with severe daytime sleepiness (AHI of 15-30 and Epworth Sleepiness Scale \geq 10);
 - Medical conditions that prevent a participant from comprehending and following the basic tenants of treatment (e.g., dementia) or that interfere with sleep in a manner that can't be addressed by a cognitive behavioral treatment (e.g., the Structured Clinical Interview for Sleep Disorders will be used to screen for narcolepsy, REM sleep behavior disorder) or that may preclude full participation (e.g., receipt of end of life care);
 - Homelessness;
 - Night shift work \geq 2 nights per week in the past 3 months;
 - Substance abuse/dependence only if it makes participation in the study unfeasible;
- ... and 1 more (see full listing online)

Locations (1 total)

University of California, Berkeley, Berkeley, California, United States