

Digital Sleep Optimization for Brain Health Outcomes in Older Surgical Patients

NCT06375265

Status	RECRUITING
Phase	Not Applicable
Sponsor	Massachusetts General Hospital
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (4)

- Adults ≥ 65 years old
- Scheduled for an elective orthopedic total joint replacement procedure (knee/hip)
- At least mild insomnia (ISI score of ≥10 on telephone screening)
- Own a smartphone. Willingness to use the dCBT-I app and actigraphy.

Exclusion (8)

- Current or previous CBT-I
- Rapidly progressive illnesses/life expectancy <6 months
- Active psychosis/suicidal ideation
- Irregular shift work/sleep patterns
- Moderate-severe sleep apnea (apnea/hypopnea index ≥15) without CPAP compliance per chart review
- ... and 3 more (see full listing online)

Locations (1 total)

Massachusetts General Hospital, Boston, Massachusetts, United States