

# Sleep Learning Education and Empowerment for Older Korean Immigrants

NCT07387406

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, Los Angeles
Enrollment	32 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Korean immigrants (i.e., being a resident of the United States with a birthplace in Korea)
- Able to speak, read, and write in Korean
- Aged at least 60 years
- Have a score of at least 15 on a Korean version of the Insomnia Severity Index
- Able to ambulate with or without an assistive device

... and 2 more (see full listing online)

### Exclusion (3)

- Those who are bedbound
- Those who do not meet the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5) criteria for insomnia disorder
- Those who have an untreated apnea-hypopnea index (AHI) at least 15 (moderate obstructive sleep apnea) and Epworth Sleepiness Scale (ESS) at least 11 (indicating mild sleepiness) OR AHI is equal to or greater than 30 (irrespective of ESS)

## Locations (1 total)

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University of California Los Angeles, Los Angeles, California, United States