

IRB Approved at the Study Level
Jun 15, 2022
#32163311.1

Seeking Adults 60-90 Years Old for an 8wk Study of Insomnia!

The PSU Sleep, Health, and Society Collaboratory is investigating how to improve the sleep, health, and cognition of older adults who have symptoms of the sleep disorder Insomnia. We aim improve the delivery of a standard, non-pharmacological clinical therapy for insomnia by using study devices.

Participation involves qualification screening, completing weekly sessions with a therapist, surveys and brain games, and 2 optional blood draws. Sleep will be measured using various noninvasive consumer and research devices, like the Apple Watch. A majority of the study is conducted remotely. Monetary compensation for study participation is provided.

Contact the research team with interest or inquiries at icansleep@psu.edu or 814-863-5800.

Laboratory websites:

<https://sites.psu.edu/sleephealthcollaboratory/>

<https://hhd.psu.edu/bbh/sleep-health-and-society>