

IMPROVING SLEEP IN 12 TO 30-YEAR-OLDS WITH DOWN SYNDROME

We invite you to take part in a research study (IRB-300013331) conducted by Dr. Caroline G. Richter at the University of Alabama at Birmingham (UAB) to adapt a virtual Mindfulness-Based Therapy for Insomnia program for individuals with Down syndrome to improve sleep and quality of life.

Who can participate?

Males and females who are **12-30 years old** with a **diagnosis of Down syndrome** who **experience sleep problems**.

What does the study involve?

- **8** intervention sessions **via zoom: 1x a week for 1 hour**.
- **Wearing a Fitbit** to measure sleep
 - Participants will receive a Fitbit mailed directly to their home as a **complimentary gift**.
- Completing **online** sleep and quality of life questionnaires.
- Participation in a **focus group** at the end of the study.

What is the Compensation?

- Participants and their caregivers who fully complete the intervention period and surveys will receive **\$100** for the **first assessment** and **\$150** for the **mid and final assessments** (**\$400 total**).
- Participants and their caregivers will also receive **\$100** for **attending the focus group via zoom**.



If you have any questions, please contact the Principal Investigator, Caroline G. Richter via email (carolinerichter@uab.edu) or phone (205) 934-9897



Scan the QR code to complete a brief screening and determine your eligibility to participate!

<https://sites.uab.edu/richter/>

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INSOMNIA: WHAT IS IT AND WHY DOES IT MATTER?

Insomnia is when you have trouble...

- Falling asleep
- Staying asleep
- Getting good quality sleep

Insomnia can impact how you feel during the day and make you feel sleepy

WHY IS SLEEP IMPORTANT?

Sleep helps our brain:

- Think
- Regulate mood
- Pay attention

Sleep helps us stay healthy by:

- Boosting our immune system
- Regulating hormones

WHAT IS MINDFULNESS?

It means paying attention to thoughts, emotions, body sensations, and the environment with **openness** and **curiosity**

Research shows that **mindfulness practice** helps **improve sleep quality!**

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