



# Would you like to participate in our INSOMNIA AND MOOD RESEARCH ?

SLEEP HEALTH IS IMPORTANT FOR SUPPORTING MOOD AND MENTAL HEALTH.

SLEEP PROBLEMS ARE A SYMPTOM OF DEPRESSION AND CAN AFFECT  
A PERSON'S MOOD IN THEIR DAY-TO-DAY LIFE.

## **WE ARE WORKING TO UNDERSTAND HOW INSOMNIA TREATMENT HELPS IMPROVE MOOD!**

We are conducting a research study with the University of Western Australia to understand why insomnia treatment improves mood symptoms in many individuals.

If you are enrolled in our CBT-Insomnia program, and experience symptoms of insomnia and low mood, we would like to invite you to participate in our study.

If you prefer not to participate, this will not impact your treatment in any way.

## **WANT TO LEARN MORE? WANT TO PARTICIPATE?**

Please ask our friendly team at Sleep Matters or contact Vanika Lall (PhD candidate) on [vanika.lall@research.uwa.edu.au](mailto:vanika.lall@research.uwa.edu.au)

## **Research Time Commitment**

The approximate time commitment to participate in this research is:

- A 60-minute session 1-2 weeks before CBT-I starts: this involves a screening interview and completing some questionnaires.
- A 30-minute session after the fourth CBT-I session and at the 4-week follow-up to complete additional questionnaires.
- 2-3 minutes per day to fill in a sleep diary in the week before CBT-I, after CBT-I and at the 12-week follow-up. We will also ask you to wear a 'sleep watch' to assess your sleep during these weeks.

An honorarium fee of \$40 will be paid to participants to partially reimburse them for their time.



Chief Investigator: **Dr Melissa Ree** (email: [melissa.ree@uwa.edu.au](mailto:melissa.ree@uwa.edu.au))