



University of Washington School of Nursing Research Study

Are you caring for
someone with memory loss
who has sleep problems?

The **NITE-AD Study** may be able to help.

What is the NITE-AD Study?

The NITE-AD Study is a research program funded by the National Institute of Mental Health. It offers 4 different treatment programs that may help with nighttime sleep and behavior problems in people with memory loss. The goal of the study is to determine which treatment works best. The treatments do not prescribe medications and there is no charge to participate in this study.

Who can participate?

People with sleep problems and a diagnosis of dementia or severe memory problems and their caregivers are eligible to participate.

What will happen if I participate?

Patients and their caregivers are randomly assigned to one of 4 treatment groups. A therapist visits the patient and caregiver at home for either 3 or 6 one-hour appointments. The patient and caregiver are interviewed 3 times over a 6-month period. Each interview lasts one hour and all visits are done in the home.

How will I benefit?

Treatment may improve patients' sleep and behavior problems. Caregivers may benefit from education, which helps them understand more about caring for someone with memory loss. Participants will be making an important contribution to research seeking to treat sleep and nighttime problems in persons with dementia.

To find out more please call the Study Coordinator at
206-616-5550 or toll free 1-866-292-4464

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