
TaIlored ManagEment of Sleep

Research for people with dementia or mild cognitive impairment

An invitation to help improve care for sleep problems

- Do you have **dementia** or **mild cognitive impairment**?
- Are you interested in **improving sleep for people with dementia or mild cognitive impairment**?
- Would you like to help a research project looking at this?
- Do you use **Zoom**?

If **YES** we would love to hear from you!

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What is sleep management?

- Sleep management helps people with sleeping problems
- Often doctors use medication but this may not work and there can be bad side effects
- Doctors can also provide sleep information and talking therapies, but these may not work well if you have memory problems
- We need to make sure that help is tailored to fit everyone

What is the TIMES project?

- We are developing a new way of offering sleep management
- We are looking for people with experience of these problems to join us as advisors
- You will help us create resources about sleep for people with dementia and mild cognitive impairment
- You can also provide us with lived experience and tell us what would be helpful
- We hope you will learn a lot about sleep by being involved but the project will **not** give you sleep advice

Who we are looking for:

- Female with dementia or mild cognitive impairment
- People over 18 years of age
- Individuals who can use Zoom (some technical support can be provided)

How much time do I have to give?

- We appreciate everyone is busy and our group is very flexible
- We will meet around six times a year, but you do not have to attend all of the meetings
- You will be reimbursed £25 per hour for your time plus £5 expenses for remote working

To find out more:

Contact Dr Jinpil Um on times@exeter.ac.uk

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