Times
Tailored ManagEment of Sleep

PPI NEWSLETTER

ISSUE 1
OCT 2022

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Thank you for your interest in the TIMES research project. We are researching into sleep disturbances for people living with dementia or mild cognitive impairment. We want to find ways to improve assessment, treatment, and management in the community. This newsletter contains the latest project updates.

Please email us on **TIMES@exeter.ac.uk** if you have any feedback, comments or questions.

Best wishes,
Jessica Blake - Senior Research Associate
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TIMES NEWS

WHAT IS TIMES?

The aim of the TIMES project is to develop a tool to help assess and treat sleep disturbances for people living with dementia (PLwD) or mild cognitive impairment (MCI). The project focuses on primary care and people who live in the community.

TIMES consists of four different sub-projects. The findings of each project will inform what we do next:

February 2022 – July 2023

Work Package 1a. Literature review (underway now)
RESEARCH QUESTION: How does sleep disturbance affect people living with dementia or MCI and their carers, and how is it managed by healthcare professionals in the community?

Work Package 1b. Observations of practice in GP surgeries and focus groups (patients, staff, families, healthcare professionals)

March 2023 – February 2024

Work Package 2. Co-designing what a sleep intervention could look like, who could deliver it, and how.

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June 2023 – January 2025

Work Package 3. Small Randomised Control Trial (RCT) to decide if a bigger RCT is feasible

June 2024 – December 2026

Work Package 4. Larger RCT to research if the sleep tool is effective, who it benefits and to what extent.

PPI BRANDING MEETING

PPI members on the TIMES project have agreed on a name and tagline for their team. The branding name is The Research Network for Connected Ageing. The tag line is 'Ageing together with hope'.

NEW WEBSITE: YOUR FEEDBACK NEEDED!

We are in the final stages of developing a website for TIMES and want to thank everyone who has provided feedback on its design. We expect the website to go live by mid-October and will send out a link when this work has been completed.

MEETING WITH LIVERPOOL CHINESE WELLBEING

The TIMES research team had a Meet & Greet with Liverpool Chinese Wellbeing, a charity supporting older people from the Chinese community in and around Liverpool. The presentation, translated into traditional Chinese, explained the purpose of TIMES. The conversations were clearly conveyed through a member of the Chinese Wellbeing team who is a qualified interpreter.

Some members of the group were very keen to share their sleep management issues and are looking forward to the next session.

PPI MEMBER PAYMENT SYSTEM NOW LIVE

If you participate in TIMES (e.g. by attending meetings or reviewing documents) you will be reimbursed for your time. To make a claim, you will need to fill in either the TIDE, Innovations in Dementia or University of Exeter expenses form.

USEFUL RESOURCES

SLEEP AND DEMENTIA VIDEO

George Rook, co-researcher on TIMES, who is also a person living with dementia, has recorded a discussion on sleep disturbances and dementia. The film is of 'the 4 amigos', all of whom live with dementia. You can access the video by clicking here.

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NEW NICE GUIDELINES: SLEEPIO APP

The National Institute for Health and Care Excellent (NICE) has published some new guidelines on the use of 'Sleepio' app to treat insomnia and its symptoms. According to the website, the Sleepio app "is a self-help sleep improvement programme based on cognitive behavioural therapy for insomnia (CBT-I)." Sleepio can be accessed online via the website or a mobile app. For a copy of the NICE document, please email us.

RESEARCH PAPER: COGNITIVE BEHAVIOURAL THERAPY FOR INSOMNIA IN BLACK WOMEN

A new research paper explores the effectiveness of cognitive behavioural therapy for insomnia (CBT-I) for black women. You can access the research paper abstract (summary) here.

Please email us If you would like the full article.

MEET THE TEAM

Each month we will 'spotlight' some of the TIMES project team. This month we will introduce you to Chris and George:

Professor Chris Fox
Chief Investigator

Chris Fox is an expert in mental health and dementia research. He is the Chief Investigator on the TIMES project.

Chris has undertaken four highly cited Cochrane reviews in dementia, and has set up and developed clinical trials in dementia as a chief investigator and regional lead. He worked as an NHS consultant for 9 years.

Chris has led national programmes in hospital care research in dementia (PERFECTED/ASCRIBED). Chris currently leads 3 national NIHR programmes in sleep, dementia and multi-morbidity (TIMES), carers (CARECOACH) and recovery colleges (DISCOVERY).

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George Rook
Dementia Enquirer, living with dementia

George has worked to improve patient experience and outcomes in Shropshire for ten years.

He was diagnosed with mixed dementia in 2014, aged 64. Since then he has worked with Dementia UK and Innovations in Dementia (including the DEEP network), and with his local commissioners and Trusts, to improve the support and care for people living with dementia.

George is Co-Chair of the Dementia UK 'Lived Experience Advisory Panel' (LEAP) and works to increase the availability of Admiral Nurse services across the country.

He has worked on a Patients in Control project to co-design and co-facilitate workshops for commissioners across Midlands and East, to influence the way services are designed around patients in the future.

George writes a blog about Living as I Choose with Dementia .

CONTACT US

If you have any questions or feedback about TIMES or this newsletter, please contact us on times@exeter.ac.uk

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