

## **The TIMES Study – Tailored management of sleep for people with dementia or mild cognitive impairment**

### **Summary Information Sheet**

A good night's sleep is important for your wellbeing. The TIMES study is designed by patients, carers, and their GP, to improve sleep and wellbeing.

Participation in the TIMES study involves both patients and their carers (unpaid and professional).

#### **The study runs for 15 weeks**

During this time, we will ask you and your carer to complete some questionnaires about sleep, health, and wellbeing.

This will happen at the start of the study, and again at 9 weeks and at 15 weeks, and should take approximately 30 minutes per person each time.

#### **The TIMES study is a Randomised Controlled Trial**

This means that together you will both be randomly assigned to receive either the TIMES intervention OR treatment as usual.

#### **If you are assigned to the TIMES intervention group**

- We will ask you and your carer to attend a 30-minute and, one month later a 15-minute consultation, with your GP.
- During these consultations, your GP will develop a plan with you to improve your sleep.
- We may also ask you to share your experience of this research study through an optional interview and questionnaire.

The University of Exeter is responsible for this research study. We will use information provided by you, your medical records, and your GP. We will only use information that we need for this study. We will keep your data safe and secure and follow all privacy rules. We may use some of this data for future research, but it will be anonymized. We will make sure no-one can work out who you are from the reports we write. The full Patient Information Sheet will tell you more about this.

It is entirely up to you to decide whether or not to take part. You do not have to give a reason if you do not want to be involved and your usual care will not be affected in any way. If you decide to take part and then change your mind later, that is fine too.

