



Why your NHS service is taking part

We want to see if people who receive DREAMS START (Dementia Related Manual for Sleep : Strategies for Relatives) have better outcomes than people who receive usual care without DREAMS START. If DREAMS START helps people more than usual care alone, we hope to make it available to everyone after the study.



The study is led by University College London (UCL) with Camden & Islington NHS Foundation Trust, the University of Oxford, the University of Sussex, Tees, Esk and Wear Valleys NHS Trust and University of Plymouth. It is funded by the National Institute of Health Research: Health Technology Assessment (NIHR HTA).



How to find out more

Get in touch with a researcher:

Name: Didiana Dos Santos

Telephone: 07812 471 299

Email:

Didiana.dossantosdiaz@candi.nhs.uk

More information on the study is available online at:

<https://www.ucl.ac.uk/psychiatry/research/mental-health-older-people/dreams-start>

DREAMS : START

Dementia RElAted Manual for Sleep : STRAtegies for RelaTives

Would you be interested in helping us with a research study?

We would like to invite 370 family members or friends who support someone living with dementia at home to test whether a new intervention (DREAMS START) can reduce the sleep difficulties experienced by people living with dementia.

Please get in touch to find out how you can be involved.

Why is this research important?

Many people living with dementia have disturbed sleep, including reduced night-time sleep, night-time wandering and daytime sleepiness. They often wake family members, who may become exhausted, stressed and unhappy. Night-time paid care may be unaffordable and care at home may break down.



What will happen if I take part?

A researcher will visit you at home or you can meet at the University. They will complete questionnaires with you and your relative or friend and we will leave your relative a special watch to wear that measures their movement and how much light they get.

A week later the researcher will then tell you if you have been chosen at random to receive DREAMS START, or to receive usual care without DREAMS START.

Whichever group you are in, your contribution is important to the research and you will continue to receive usual care and services.

If you are offered DREAMS START, a researcher will meet with you 6 times to help you to understand any difficulties your relative is having sleeping, how to manage these difficulties and how to improve your own sleep. They will help you to develop strategies to help your relative be more active during the day and sleep better at night.

For all participants in the study, the researcher will visit you again 4 and 8 months after the initial visit to repeat the questionnaires and to ask your relative to wear the special watch for a week each time.

