

# TROUBLE SLEEPING?

## Evaluating the effects of insomnia treatment in different types of sleepers

Principal Investigator: **Dr. Colleen Carney**

### Do you have difficulty sleeping?

You may be eligible for this study if you:

- Are 18 years or older
- Experience difficulty sleeping (insomnia)
- Do not suffer from any serious medical condition
- Do not regularly take medications or products for sleep

This study is examining the effects of different insomnia treatments. Participants will be assigned to one of three treatment conditions for 8 weeks:

- A nightly Health Canada-approved medication for insomnia (lemborexant)
- A nightly placebo medication
- A psychological treatment called Cognitive Behavioural Therapy for Insomnia (CBT-I)

If eligible, you'll be asked to:

- Complete eligibility questionnaires/interview
- Wear a wrist device during the day/night and a headband at night for one week before and after treatment
- Keep a daily sleep diary for 1 week before, during, and after treatment
- Complete a questionnaire before and after treatment, and 6 months later

**Compensation: \$200** for completing all components.

### For more information:

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This research study has been reviewed and approved by the Toronto Metropolitan University Research Ethics Board [REB protocol number 2024-370] and is funded by Canadian Institutes of Health Research.