

HABIT Trial: Participant Newsletter

Health professional Administered Brief Insomnia Therapy Trial

Issue 2
May 2020

Welcome to the 2nd issue of the participant newsletter !



We are very happy to announce that on the 31st March 2020 we completed recruitment to the HABIT trial. This means that, in total, we recruited 642 participants across England! We hope to complete all follow-up assessments over the next 12 months.

A message from our Chief Investigator, Dr Simon Kyle



Dear Participant,

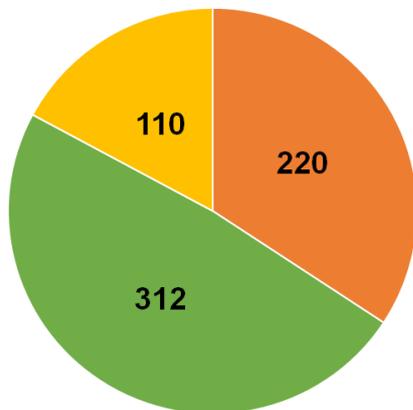
I hope you and your family are keeping well during these challenging times for the country.

On behalf of the HABIT trial team I want to thank you for your ongoing support of the study. The trial team will continue to be in touch over the coming months to ask you to complete the follow-up assessments. Our research team is working from home, and given the current restrictions we will not be sending out watches or sleep diaries, but we would be very grateful if you were still able to complete the questionnaires (online or over the phone).

Below you will find some detailed information on the trial as well as some curious facts about sleep. Take care and thank you again for helping with our research.

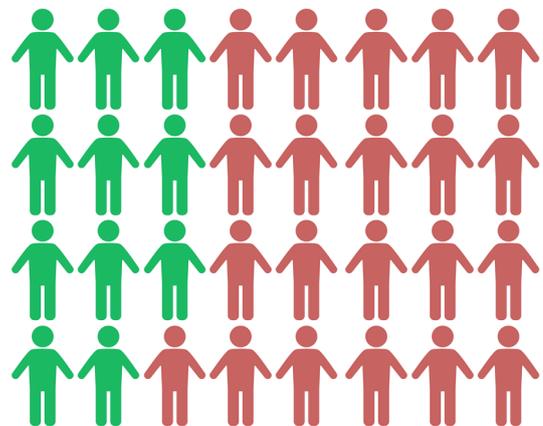
Where are HABIT participants from?

HABIT Participants by Recruiting Centre



Manchester Oxford Lincoln

How many participants have completed the HABIT trial?



237 have completed

405 are currently participating

When will we contact you?

Regardless of what sleep treatment group you have been allocated to we will contact you at 3, 6 and 12 months to complete some questionnaires. These will take approximately 30-40 minutes to complete. Once completed you will receive a voucher. However, please note that under the current circumstances the sending of vouchers may be slightly postponed until measures are lifted.

Emails will be sent from

caroline.j.gardner@manchester.ac.uk or **vicky.bell@manchester.ac.uk**

Please add these addresses as contacts in your email account to avoid emails being sent to your junk folder.

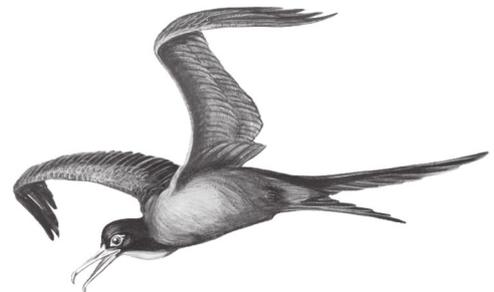
Curious facts about sleep

1. Sleep research is more than 100 years old. The origins of sleep research can be traced back to 1913, when French Scientist Henri Pieron authored a book entitled “Le problème physiologique du sommeil,” which is considered the first text to examine sleep from a physiological perspective.



2. The features of our dreams are shaped by our experience. For example, people who had access to black and white media experienced more greyscale dreams relative to people who have only been exposed to colour media. Furthermore, people, who are congenitally or late blind, have less visual impressions in their dreams compared to normally-sighted individuals.

3. Frigate birds sleep during mid-flight. Scientists have shown that frigate birds have the capacity to sleep while migrating, often thousands of miles, across oceans. One half of their brain may briefly enter sleep while the other half is fully awake allowing them to navigate.



Please be sure to get in touch with either your local research team or the study coordinating centre if your address or contact details have changed recently, or if you have any questions.



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