



# Improving **SLEEP** in MS

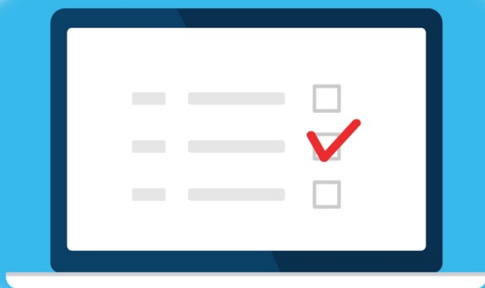
## A Web-Based Research Study for People with Multiple Sclerosis

Over half of people with multiple sclerosis (MS) experience problems falling asleep and staying asleep.

The goal of this research study is to help people with MS learn strategies to improve their sleep without medication. This 12-week study is entirely online.

### You may **QUALIFY** if you:

- Are at least 18 years old
- Have an MS diagnosis
- Are experiencing problems falling or staying asleep
- Have reliable internet access



### **CONTACT US**

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Study #: IRB00116581

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### What does participation **INVOLVE**?

- 4 weeks of **online lessons** (~30-45 minutes each)
- 3 sets of **online surveys/tests** and wearing a sleep-tracking watch at Weeks 1, 6, and 12 (~30 min each)

### Participants **COMPENSATED**:

- Up to \$80 (\$20 for completing the online survey/tests at Week 1; \$30 at Week 6; and \$30 at Week 12)