

## Current Sleep Research Studies 2014

- We need participants for the following Research Studies  
– If you are interested in taking part please contact the researcher listed below  
– OR email [volunteers@woolcock.org.au](mailto:volunteers@woolcock.org.au) to register

All participants are reimbursed for any out-of-pocket expenses. Results of screening and study tests and procedures are made available to all participants. All visits at the Woolcock Institute of Medical Research take place in Glebe, Sydney. Parking is available, and bus routes 431, 433 and 370 stop near to the Institute.

### Sleep apnea and snoring

#### Do you have sleep apnea?

We are looking for people aged between 25 – 65 who have sleep apnea and are willing to be sleep deprived. This study involves 28 hours of sleep deprivation to examine the effects of sleep apnea on daytime sleepiness, performance and attention. We need your help to discover new tests that can help doctors better understand the impairments caused by sleep apnea.

**Contact:** Andrew Vakulin on (02) 9114 0443, [biomarkers@woolcock.org.au](mailto:biomarkers@woolcock.org.au)

#### Do you have sleep apnea but can't use your prescribed device?

Would you like to try losing weight, improve concentration and reduce daytime sleepiness? We are offering a 12 month diet and exercise program with half the participants using a new wake promoting medication, and the other half, a placebo.

**Contact:** Julia Chapman on (02) 9114 0449, [julia.chapman@sydney.edu.au](mailto:julia.chapman@sydney.edu.au)

#### Do you have high blood pressure and snore?

We are looking for people aged 18-65 who have high blood pressure or on blood pressure medication, and are a bad snorer or have obstructive sleep apnoea. The Woolcock Institute is currently running a study into these conditions and we need volunteers.

**Contact:** Kirsty Dodds on (02) 9114 0236, [kirsty.dodds@sydney.edu.au](mailto:kirsty.dodds@sydney.edu.au)

#### Increasing adherence to Obstructive Sleep Apnea treatment with a coaching intervention.

You are invited to take part in a research study to assess the effectiveness of a coaching intervention in increasing the use of continuous positive airway pressure (CPAP) in individuals with low self-efficacy scores who are at risk of stopping treatment. This will be compared with an enhanced education intervention. The study will also examine the role of mood, quality of life and well-being.

If you agree to participate in this study you will be provided with a CPAP machine and tubing free of charge to use for 3 months.

**Contact:** Hannah Openshaw on (02) 9114 0499, [Hannah.openshaw@sydney.edu.au](mailto:Hannah.openshaw@sydney.edu.au)

### **Do you have sleep apnoea which is currently untreated?**

We are looking for men aged 18-65 that are willing to help us better understand the relationship between sleep apnea, morphine and individual chemoreflexes, a measure of individual response to changes in blood gases. The study will involve 2 sleep studies conducted at Royal Prince Alfred Hospital's Sleep Disorder Clinic, taking either a small oral dose of slow-release morphine or placebo. There will also be the option to undergo a further 2 sleep studies at Neuroscience Research Australia if interested.

**Contact:** Luke Rowsell on (02) 9114 0447, [luke.rowsell@sydney.edu.au](mailto:luke.rowsell@sydney.edu.au)

### **The Effects of a Sleeping Pill on Obstructive Sleep Apnoea**

The purpose of this study is to investigate if nightly use of the sleeping pill, zopiclone, reduces OSA severity, symptoms of sleepiness and effects alertness. We are looking for healthy people with suspected or diagnosed sleep apnoea that and are not undergoing any CPAP treatment or have previously failed other treatment options. If you agree to participate in this study you may be required to undertake 4 overnight sleep studies over an 8 week period. Reimbursement is provided for your time. To get more information about the study and see if you are eligible to participate,

**Contact:** Lauren Fisher, ph (02)9399 1834, [l.fisher@neura.edu.au](mailto:l.fisher@neura.edu.au)

### **Sleep Apnoea & Cognitive Changes in Older Adults Study**

This study is looking for people aged 50 to 80 years of age with suspected sleep apnoea and who are experiencing changes in their thinking skills but do not have dementia (referred to as Mild Cognitive Impairment). The aim of this study is to examine if using Continuous Positive Airway Pressure (CPAP) for 3-months is associated with a slower rate of cognitive decline and/or beneficial effects in daytime functioning. Patients will be offered assessments of their sleep (to confirm sleep apnoea) and an evaluation of their thinking skills (to confirm mild cognitive impairment). If you have changes in your thinking and are not currently using continuous positive airway (CPAP) therapy then contact:

**Contact:** Zoe Terpening, [zoe.terpening@sydney.edu.au](mailto:zoe.terpening@sydney.edu.au) or Nathan Cross, [nathan.cross@sydney.edu.au](mailto:nathan.cross@sydney.edu.au), or by phone via the Healthy Brain Ageing Clinic on (02) 9114 4002.

### **Sleep for new mums**

#### **Are you expecting your first baby?**

Would you like to learn about your baby's sleep, sleep changes in pregnancy and what to expect from sleep and feeding changes in the first few months? We are introducing a sleep program to help first time mothers understand more about sleep in pregnancy and following childbirth.

**Contact:** Liora Kempler on (02) 9114 0495, [liora.kempler@sydney.edu.au](mailto:liora.kempler@sydney.edu.au), you can also check out the study on facebook: [www.facebook.com/sleepfornewmums](http://www.facebook.com/sleepfornewmums)



## Insomnia

### Do you have difficulty sleeping?

We wish to recruit individuals suffering from insomnia to take part in a sleep research study. The objective is to investigate whether there are differences between insomnia sufferers of different types of insomnia. As a result, this study will investigate these differences through a routine diagnostic sleep study, questionnaires, and a computer based assessment.

**Contact:** Christopher Miller on (02) 9114 0451, [chris.miller@sydney.edu.au](mailto:chris.miller@sydney.edu.au)

## Melatonin for delayed sleep phase disorder

### Can't fall asleep until late at night? Trouble getting up in the morning?

We are conducting a research study investigating the use of melatonin to treat delayed sleep phase disorder. You may be eligible if you are aged between 16 and 65, work/study 5 consecutive days per week, and are willing to go to bed at a desired bed time for 5 or more days per week. Participants will be reimbursed \$50 for the time and inconvenience involved.

*This is a national multi-centre clinical trial conducted at the Woolcock Institute of Medical Research in Sydney, Monash University in Melbourne and Flinders University in Adelaide. To participate in this study at a centre near you please contact us.*

**Contact:** Kirsty Dodds on (02) 9114 0236, [woolcock.delayedsleep@sydney.edu.au](mailto:woolcock.delayedsleep@sydney.edu.au) (Sydney)  
Michelle Magee on (03) 9905 3952, [delayedsleep@monash.edu](mailto:delayedsleep@monash.edu) (Melbourne)  
Nicole Lovato on (08) 8201 2377, [sleep@flinders.edu.au](mailto:sleep@flinders.edu.au) (Adelaide)

## REM sleep behaviour disorder

### Do you have vivid dreams and sometimes kick, punch, speak, shout or laugh while you are asleep?

REM sleep behaviour disorder (RBD) is a phenomenon where people act out their dreams. This can vary from very mild enactments such as talking to more substantial enactments such as kicking and punching. These symptoms often disturb your sleep and can even lead to injuries to yourself and/or your bed partner. That is why we are investigating prolonged released Melatonin as a possible new and safe treatment to improve the symptoms of RBD. Melatonin is a natural hormone of the brain that helps people with their sleep. If you are interested in this trial, please contact our study coordinator:

**Contact:** Moran Gilat on (02) 9351 0889, [moran.gilat@sydney.edu.au](mailto:moran.gilat@sydney.edu.au)