

Stroke Survivors Wanted for study of Sleep and Movement

We are looking for **stroke survivors** aged over 18 years of age, who experience sleep problems and have some difficulties using their hand and arm (with some ability to open and close their hand).

We are testing an online **sleep improvement programme** and seeking to **understand how sleep affects movement learning**.

The study involves either **completing the programme at home** or usual care as well as completing some **questionnaires**, performing a **movement learning** task and wearing an **activity monitor** to measure your sleep at home. **All volunteers will be given access to the sleep programme.** All study materials will be delivered or posted to your home.



If you would like to know more we would be happy to discuss the study further with you – please contact:

Dr Melanie Fleming
Or
Barbara Robinson

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Study Title: Improving sleep in and learning in rehabilitation after stroke, part 2 (INSPIRES-2)

Poster
Ethics Ref: 22/EM/0080,
IRAS: 306291
Version 1.1, 11/04/2022



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