

# DREAMS : START

## Dementia Related Manual for Sleep: Strategies for Relative

**For people living with dementia who have sleep difficulties and their family or friends**

**This service is taking part in a research project with University College London.**

**Would you be interested in helping us?**

We would like to invite family or friends who support someone living with dementia to try out a new intervention (DREAMS START) to reduce the sleep difficulties experienced by people living with dementia at home.



### **What will happen if I take part?**

You will have the opportunity to discuss the study and ask questions.

You will be asked to complete questionnaires with a researcher at the start of the study and then 4 & 8 months after the initial visit.

The person you support will be asked to wear a special watch for a week around each visit to help us understand how the intervention may work.

If you are offered DREAMS START, a researcher will visit you at home six times to help you to find strategies to improve your relative's (and your own) sleep.

**If you are interested in hearing more, please talk to a  
member of staff or contact Caroline Connell  
caroline.connell@spft.nhs.uk  
Tel: 01892603107 (please leave a message)**

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