Are you a night shift nurse or CNA who has trouble sleeping?

This research study may be for you!



To request more information, visit: www.shaidlab.com/nurses

OSHIN

OPTIMIZING SLEEP HEALTH IN NURSES

We're looking for night shift nursing staff who have trouble with falling or staying asleep to help us test two non-medication treatments for insomnia: cognitive-behavioral therapy for insomnia, and multicomponent relaxation therapy for insomnia.

Neither of these treatments have been thoroughly tested in people who do shift work. This study will adapt these treatments to the unique needs of shift-working nursing staff.

Participants will receive:

- Non-medication treatment for insomnia over telehealth at no cost to you
- A stipend to assist with time (up to $200)

To find out more, scan the QR code or visit:
www.shaidlab.com/nurses

Location

This study can be completed entirely remotely, from home or another private location.

Study Activities & Length

Fill out questionnaires, wear a sleep watch, attend 7 weekly sessions, and complete questionnaires 3 months later

Are you eligible?

- Currently employed nursing staff living in Oregon, Washington, or Arizona
- Have difficulty falling or staying asleep
- Work night shifts 3 or more nights/week
- Have daily access to the internet

If you're unsure if you meet the requirements, contact the study team:

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Jessee Dietch, PhD
Principal Investigator

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