

MEN: TREATMENT FOR SLEEP & STRESS

DO YOU THINK YOU MIGHT HAVE DEPRESSION OR ANXIETY?
DO YOU SUFFER FROM PROBLEMS SLEEPING?
ARE YOU MALE AND OVER 50 YEARS OF AGE?



BRAIN & MIND
RESEARCH
INSTITUTE



THE UNIVERSITY OF
SYDNEY

We invite you to participate in a 14 week treatment program assessing and treating your mood, health and memory by a team of experienced doctors, psychologists and nurses. During this program, we will be undertaking a clinical trial where we will evaluate the effectiveness of an internet based program for sleep problems. In order to participate, you will need to:

- Attend the Brain & Mind Research Institute, Camperdown where you will undergo a medical and neuropsychological assessment, as well as receive treatment for your mood problems.
- Fill out a survey before and after your participation, as well as complete an on-line sleep diary and wear an actigraphy watch for 2 weeks (this will be at the beginning and end of the program).
- Attend for assessment and treatment at least 4 times over the course of 14 weeks.

This research is being conducted by Associate Professor Nicholas Glozier.

If you would like to participate or for more information please contact the Study Manager on 9114 4002, somna.bmri@sydney.edu.au or visit www.somna.com.au