



SleepFix

Therapy Guide

About the Therapy

What is Sleep Consolidation Therapy?

When you are not sleeping well, it seems logical to spend more time in bed to increase your sleep time. Unfortunately, this trains you to be awake in bed. Sleep Consolidation therapy works when you decrease the time in bed which increases your sleep pressure or sleep debt. This will help you to fall asleep more quickly and stay asleep longer.

What is SleepFix?

SleepFix is a fully automated mobile application that delivers Sleep Consolidation Therapy as described above. Over time, SleepFix will gradually increase your sleep window as you sleep longer with fewer wakes.

Does Sleep Consolidation Therapy work?

We have promising results for Sleep Consolidation Therapy as a powerful standalone therapy for people with poor sleep. Multiple studies have identified a reduction in insomnia symptoms.

We recently conducted a preliminary study using SleepFix in a small sample of individuals with insomnia and found improvements in insomnia symptoms, sleep quality, fatigue and daytime sleepiness.

What can I expect over the course of the therapy?

Each individual's experience of the therapy will vary however it is likely that in the beginning of this study you will feel more tired and/or sleepy. These symptoms are not permanent but result from changes in your current sleep patterns. Improvements in sleep are expected after three weeks, however it may take longer for some individuals.

About the Research Study

What is the research study about?

We are conducting a new online research study using SleepFix, a smartphone application developed to treat people with insomnia. We would like to extend our previous study findings in a larger population monitoring how SleepFix improves sleep and wellbeing. We will use this information to further develop the app and enhance better sleep outcomes for future users.

Your completion of the questionnaire data is very important for the assessment of SleepFix.

What are my responsibilities as a participant in this study?

The study will involve using the SleepFix application every day for three weeks. You can use the application for a further three weeks if you wish. You will also be asked to complete a series questionnaires (which take up to 5 minutes to complete) at the following timepoints; at start of the study, weekly (for 3 weeks), after 6 weeks and 12 weeks. See timeline below:

Activities	Weeks					
	BL*	1	2	3	6	12
Initial (Baseline) Questionnaires	X					
Week 1 Questionnaires		X				
Week 2 Questionnaires			X			
Week 3 Questionnaires				X		
SleepFix usage		X	X	X	X	
Fitbit usage		X	X	X	X	
Week 6 Questionnaires					X	
Week 12 Questionnaires						X
Telehealth Consult						X

Legend: **BL** – baseline. This refers to the timepoint before you commence with SleepFix
 X – optional use of SleepFix therapy.