

SleepFix

Frequently Asked Questions

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About Sleep Consolidation 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 do to get the best results?

For SleepFix to be most effective, it is important that you go to bed at your prescribed bedtime, or later if you are not sleepy. It is also important to get up in the morning at your prescribed rising time regardless of the previous night's sleep, even if this feels difficult. This is how sleep consolidation works to improve sleep. It is also advised to avoid napping. Remember, this program can be challenging and requires perseverance, and we want to support you as much as possible as using the app helps improve your sleep.

Please refer to the FAQ's section of the app for other sleep strategies.

I'm feeling more tired/fatigued/sleepy than usual. What can I do?

It is normal for sleep consolidation to cause a temporary increase in daytime sleepiness/fatigue/tiredness at the start of the therapy. Although this can be difficult, it is important to keep in mind that it is temporary and will usually go away as you progress through the program.

Strategies to help include getting outside in natural light in the mornings, and being active even though you might feel sleepy. Please refer to the FAQ's section of the app for more strategies to help.

When do I stop the therapy?

You may choose to stop using the app at any stage however we encourage you to persist with it for at least 3 weeks. It often takes this amount of time for sleep to improve. If you are still not satisfied with your sleep, you should continue using the app for an additional three

weeks, as it may take longer for some individuals. Regardless of what you choose to do, setting sleep boundaries is important as it increases normal sleep pressure and stabilises sleep patterns.

This therapy is a good tool to reintroduce at any stage in the future if you experience sleep difficulties again.

Are there any safety concerns around starting this program?

Sleep consolidation is generally regarded as a safe treatment with minimal adverse effects. It is likely, however, 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. If you do not feel as alert as normal, please **do not** drive or operate heavy machinery.

About the 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 an older 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.

What are my responsibilities as a participant in this study?

The study will involve using the SleepFix application every day for 6 weeks. You will also be asked to complete a series of questionnaires (which take up to 5 minutes to complete) at the following timepoints; at start of the study, at 3 weeks, after 8 weeks, after 16 weeks and then the final follow-up at 26 weeks.

Does this research study require any in-person visits?

No, this study is completely online. If you do require further information or help, you can contact us on 02 9114 0481 or at sleepfix@woolcock.org.au

Do I really need to complete all the questionnaires?

Completing all questionnaires at each timepoint is an important part of the study and we do appreciate your time. These questionnaires assist us in tracking your progress over time and the information collected will be useful during your 20-minute telehealth consult at the end of the study if you choose to do so.

Can I continue taking my sleep medications during the study?

Continuing to use sleep medications may interfere with the efficacy of this program however you will not be excluded from this study if your usage is rare. Please contact the SleepFix research team on 02 9114 0481 or sleepfix@woolcock.org.au to discuss this further.

How can I unsubscribe from mobile text notifications?

Please reply to the SMS with "Unsubscribe"

I've had travel plans come up during the study, what can I do?

If you are traveling to a destination that is greater than a 2-hour time zone difference, please contact the SleepFix Research Team on 02 9114 0481 or sleepfix@woolcock.org.au

Fitbit

What is a Fitbit and how do I use it to track my sleep?

A Fitbit is a wearable device (watch or a fitness band) worn on your wrist. It is designed to track important health activity including sleep. If you have a Fitbit, we ask you to wear the watch each night to bed to track your sleep.

I am using both Fitbit and SleepFix. What information is most important for my treatment?

The SleepFix app provides the treatment for your current sleep difficulties. The Fitbit app is simply to facilitate the connection between your wearable device and the SleepFix app and allow you to incorporate your objective sleep data into the treatment. SleepFix needs this data to determine bedtimes and getting up times.

If you are not wearing a Fitbit, it is important you complete your sleep diary data which gives the app the necessary information to personalise your treatment.

Can I connect a different wearable device to the app?

You can connect any Fitbit wearable device with heart-rate tracking to SleepFix. At this stage, other brands of wearable devices will not work.

Do I need to return the Fitbit after the study?

No, it is for you to keep.

Technical Problems

I'm experiencing technical problems on the app, what can I do?

The app is in its early development stage and you may still experience some technical difficulties. Please email us any bugs on sleepfix@woolcock.org.au. We value your feedback therefore if any part of this is not working, we need to know.

Please email the following details:

- Explanation of the issue
- Any screenshots of the issue
- Date you experienced issue
- Device you are using
- Operating system i.e. Android, iOS, Windows

Why am I receiving one of the following error message on SleepFix?

1. **"Oops! Your network connection is not stable. Please try again"**
2. **"An error occurred while uploading. Would you like to upload in the background?"**

SleepFix requires internet connection to function. This can be either through Wi-Fi or mobile data. If you have a slow and weak connection to the internet, then SleepFix will not be able to connect to the internet. This may also cause momentary blank screens or require you to re-enter data. Please contact us if this problem persists despite a stable internet connection.

What If I have more questions?

Please do not hesitate to contact us on 02 9114 0481 or sleepfix@woolcock.org.au