



# CARE2SLEEP

Are you a **care partner** for a person  
with memory problems?

Do you have **difficulties sleeping?**

## Study activities include:

- An initial health and sleep evaluation
- 5 education sessions provided by a sleep educator
- 2 follow-up evaluations
- Optional collection of blood samples from care partners only

Compensation up to \$450 for care partners and \$300 for care-receivers

**This is NOT a medication study.** You will not be asked to stop or begin taking any new medication.

## CONTACT US

### UCLA

Phone: (310) 351-2349

Email: [SleepResearch@sonnet.ucla.edu](mailto:SleepResearch@sonnet.ucla.edu)

### UCSD

Phone: (858) 534-9479

Email: [CaregiverLab@ucsd.edu](mailto:CaregiverLab@ucsd.edu)

Scan here to schedule a phone  
screening

