



# Shared Lives and Everyday Experiences in Partners (SLEEP) Study

Do you or your partner live with dementia?

## What is involved?

- Both partners complete a phone interview and in-person cognitive assessments at baseline and follow-ups at 1 year and 2 years
- Both partners complete brief check-in calls at 6 and 18 months
- Both partners complete 7 days of taking brief smartphone surveys and wearing a wrist activity monitor (similar to a watch)
- Both partners receive up to a total of \$300 (\$600 per couple)

Researchers at the University of Michigan are recruiting couples where one partner lives with dementia to learn more about their daily experiences, sleep patterns, well-being, and brain health.

## Who can participate?

- Couples who are married or living together in Michigan
- One partner lives with early symptoms of dementia (with or without a diagnosis of dementia)
- Both partners are age 60 or older



## CONTACT US

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Please mention the SLEEP Study along with your full name and phone number in your message

For More Information search HUM00229355 at <https://umhealthresearch.org/>