

## WHAT TO EXPECT

If you decide to participate in this study, you will complete a 6-week behavioral intervention to address your sleep problems.

You will also be asked to complete study assessments three times.

### Each of the three assessments will include:

- Questionnaires
- Sleep Diary completed twice a day for 7 days
- One week of wearing a wrist-watch device (actigraph) to record sleep

## LET'S SOLVE SLEEP PROBLEMS

Controlled Trial Comparing Brief Behavioral Therapy (BBT-CI) vs. Healthy Eating Education Learning (HEAL) FOR CANCER RELATED INSOMNIA



A Program of the National Cancer Institute  
of the National Institutes of Health



For more information on this study, please contact:

## LET'S SOLVE SLEEP PROBLEMS

Designed for cancer survivors who have sleep or **insomnia symptoms** during cancer treatment.

Multicenter Randomized Controlled Trial  
URCC19185



# ABOUT THIS STUDY

This study aims to determine whether Brief Behavioral Therapy for Cancer related Insomnia (BBT-CI) or Healthy Eating Education Learning (HEAL) are effective in reducing insomnia in cancer survivors.

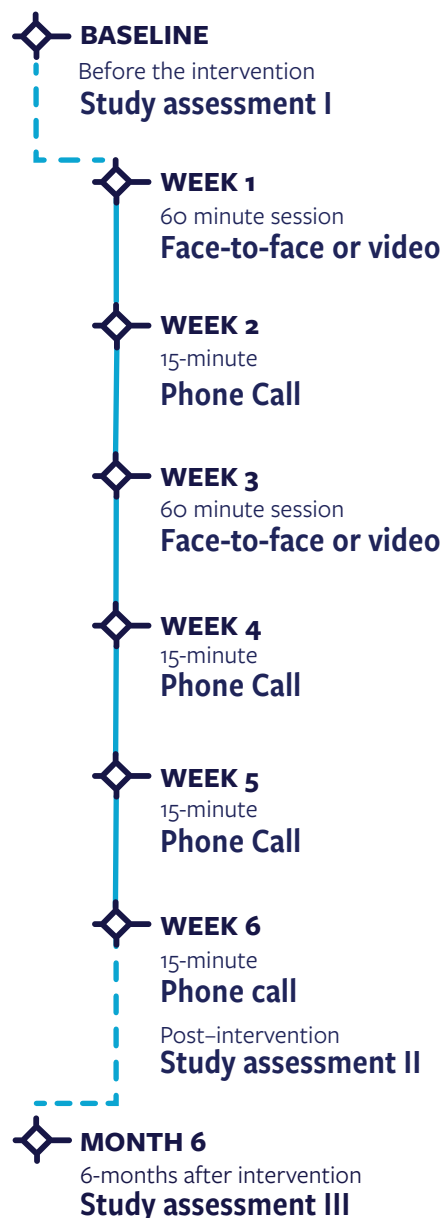
## Sleep Problems

- Affect quality of life
- Contribute to fatigue
- May influence response to cancer treatments and survival

This study hopes to improve our understanding of insomnia and its management in cancer survivors during treatment.

# STUDY TIMELINE

You will meet **once weekly** for **six weeks** with your trained interventionist for BBT-CI or HEAL session:



# FREQUENTLY ASKED QUESTIONS

## How many people will participate in this study?

400 participants will be enrolled at NCORP affiliated sites across the US.

## How long will the assessments last?

Each assessment lasts approximately an hour.

## How long will the intervention sessions last?

BBT-CI and HEAL session lengths vary from 15 minutes to 60 minutes depending on the week over the course of 6 weeks.

## Am I eligible for this study?

*You may be eligible if you are:*

- Male or female
- 18 or older
- Diagnosed with stage I-IV cancer
- Undergoing any treatment for cancer
- Experiencing sleep problems

## Will participating in this study change my cancer treatment plan?

No, participating in this study will not change the course of your cancer treatment.

## What risks are involved in this study?

The risks to participating in this study are minimal.

## Will I be paid for my participation?

Yes, you will receive up to \$270 for completing all study related procedures.

## Can I discontinue the study after enrollment?

Yes, you are free to withdraw from the study at any time.