





# PITT+ME ONLINE STUDY ADVERTISEMENT

<p><b>Pitt+Me Title</b>  <b>SIESTA: Solving Insomnia Electronically: Sleep Treatment for Asthma</b></p> <p><b>Study Basics</b> (400 character limit)          Do you have asthma and insomnia? Are you 18-75 years old? If so, you may be able to take part in a research study to find out if insomnia treatment can reduce both sleep problems and asthma symptoms. Compensation provided.</p> <p><b>Study Purpose</b>          Asthma is a chronic condition that causes swelling and inflammation of the airways, making it difficult to breathe. Many people who have asthma also have insomnia (trouble sleeping). Research has shown that insomnia can worsen a person's asthma and increase the risk of having an asthma attack.</p> <p>The purpose of this study is to help researchers find out if an online behavioral treatment for insomnia can help improve sleep and asthma control in adults with asthma and sleep problems.</p>	<p> <b>AGE:</b> 18-75  <b>GENDER:</b> M/F</p> <p><b>VISITS:</b> 3  <b>DURATION:</b> 8 months</p> <p> <b>LOCATION:</b>          University of Pittsburgh          Asthma Institute at UPMC          Montefiore Hospital          (Oakland)</p>
<p><b>Could This Study Be Right for You?</b></p> <ul style="list-style-type: none"> <li>• Ages 18-75</li> <li>• Have asthma and are using an inhaled asthma medication such as Qvar, Flovent, Asmanex, Advair, Symbicort, or Dulera</li> <li>• Have insomnia (trouble sleeping)</li> <li>• Have an email address with reliable internet access</li> <li>• Are a non-smoker or quit smoking at least one year ago</li> </ul>	<p></p> <p><b>COMPENSATION:</b>          Up to \$250</p>
<p><b>What Participants Can Expect</b> (1500 character limit)          Participation involves 3 in-person visits lasting about 2 hours each. At the first visit, you will complete questionnaires, lung function testing, an exhaled nitric oxide test, and a blood draw. You will be provided with an activity monitor to wear at home, a peak flow meter to measure how well you blow air out of your lungs, and instructions for how to fill out a daily sleep diary on your computer. You will then be randomly assigned (like the flip of a coin) to one of two interventions for your sleep problem:</p> <ul style="list-style-type: none"> <li>• Online behavioral insomnia treatment group: Participate in a 6-week self-guided, interactive, online program that is tailored to your specific sleep problems</li> <li>• Enhanced usual care group: View a 20-30 minute animated online video about sleep and sleep habits</li> </ul>	<p><b>STUDY LOGO:</b></p> 

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You will then return for visits post-treatment, during which you will repeat the procedures from your first visit.

**IRB: PRO17040267** Improving asthma control using Internet-based cognitive-behavioral treatment for insomnia

## MEET THE RESEARCHER



Faith S. Luyster, PhD, is an assistant professor at the University of Pittsburgh School of Nursing. Dr. Luyster specializes in the area of sleep medicine, and is a member of the Sleep Research Society and the American Academy of Sleep Medicine. In particular, Dr. Luyster is interested in studying how sleep disorders impact people with other chronic medical disorders. Her current research focuses on treating insomnia in patients with respiratory conditions.

## MEET THE COORDINATOR (optional)



Melissa Ilnicki, RRT, RPSGT is a Clinical Research Coordinator at the University of Pittsburgh Asthma Institute at UPMC. Melissa has over 23 years experience in both Respiratory Care and Sleep Medicine ranging from Critical Care to Neuro-respiratory care and Polysomnography (Sleep Studies) to Asthma Research. She is interested in improving the quality of life in people who have respiratory limitations, whether it is Asthma, COPD, Neuromuscular or Sleep Disorder Breathing. Her current study focus is in better treatments for Moderate to Severe Asthmatics.