



# Sleep, Activities, and Cognitive Health of Dementia Caregivers

IRB reviewed and approved by Utah State University (#13162), and Utah Dept. of Health and Human Development (#1029)

## If you:

- Have primary caregiving responsibility for a loved one living with dementia
- Are 55 years or older
- Co-reside with the patient living with dementia
- The patient has a physician's diagnosis of early- or middle-stage Alzheimer's disease or related dementia

## Then:

Review and sign the consent to schedule for a 10-min screening assessment over the phone to determine your eligibility:



<https://redcap.link/vy546p24>

## Process and Time Commitment:

- In-person interview at in-take (2 hours) and again at 12 months (1 hour) for cognitive functioning and well-being
- Daily phone calls for your caregiving experiences across 8 days follow each of the in-person interviews (15 mins/day)
- Wear a wristwatch for sleep health and physical activities across 8 days
- Have hair samples for cortisol concentrations

**Compensation** is up to \$202 for completing all aspects of the study