

Who is eligible?

Inclusion Criteria

- Age 30 to 60 years
- Systolic BP \geq 130 mm Hg based on two screenings
- Insomnia, either currently diagnosed or confirmed at screening

Exclusion Criteria

- Uncontrolled hypertension (BP \geq 160/100 mm Hg)
- Antihypertensive medications
- Cardiovascular medications
- Obstructive sleep apnea
- BMI > 40 kg/m²
- Pacemaker or atrial fibrillation
- Current pregnancy
- Alcohol or drug abuse in past year

SleepRight Study



Duke Medical Center
Box 3119
Durham, NC 27710

Phone: 919-681-5874

919-668-3885

Fax: 919-684-8629

Email: kristy.johnson@duke.edu
catherine.wu@duke.edu

Web: sites.duke.edu/sleepright

SleepRight

A study of hypertension and insomnia



What is the study about?

The purpose of this study is to further our understanding of how poor sleep quality contributes to hypertension and increases cardiovascular disease risk.

All participants will receive Cognitive Behavioral Therapy for Insomnia (CBT-I), which has been shown to improve sleep quality and promote consolidated sleep.

Over 9 months, participants will have assessments of sleep quality, blood pressure (BP), blood vessel elasticity, and lab work before and after CBT-I.

Research studies are voluntary.

We encourage you to talk with your healthcare provider, family, and friends before you decide to take part in this research study.

What does participation involve?

Screening assessments: 2 visits

- BPs and sleep surveys

Pre- CBT-I assessments: 2 visits*

- Questionnaires
- Sleep quality and BP monitors
- Ultrasound imaging
- Blood and urine collection

CBT-I: 6 sessions

- Weekly one-hour sessions

Post- CBT-I assessments: 2 visits*

- Questionnaires
- Sleep quality and BP monitors
- Ultrasound imaging
- Blood and urine collection

What are the benefits?

- CBT-I to improve sleep quality
- Assessments of sleep quality
- 24-hour blood pressure monitoring

* Compensation: up to \$300

