

[Date]
DREAMS START



Dementia Related Manual for Sleep; Strategies for Relatives

Dear [Carer] and [Person with dementia]

I am writing to thank you for having participated in the DREAMS START study. We are very grateful for your time and how you welcomed our team in your home. The study is still ongoing; the last participants will complete follow-up assessments in July 2017.

Please turn over to view results from the acti-watch worn three months after you first joined the study. These results show that [Patient] slept the **same/less/more** and was awake **the same/less/more** during the night compared with three months earlier. The sleep pattern **changed/did not change** from baseline: bedtime is **the same/later/earlier as/than** before and rise time is **the same/later/earlier**. Sleep efficiency was **XX.X%**, compared to the earlier **XX.X%**. We were also able to see how much light per day [Patient] was exposed to. Compared to three months earlier, [Patient] received **the same/less/more** light. **This is enough.** [OR As this is not enough, we would recommend increasing/further increasing light during the day.]

Once all the information we collect from our participants has been analysed and the results written up, we will get in touch to tell you about the findings. In the meantime, updates on the study will be available online: www.twitter.com/dreamsstartucl

Thank you so much once again for working with us and being in the **treatment/control** group.

Yours sincerely,

P.T.O

Data from the watch

- Light is shown by yellow lines (0-2000 lux). The higher they are the more light there was.
- Movement is shown by black lines (0-5000 activity counts). The higher they are the more movement there was.
- The grey sections are missing data.
- The blue lines represent times when the event marker on the acti-watch was pressed.

(Insert follow up acti-watch data here)