

PARTICIPANTS NEEDED FOR AN INSOMNIA TREATMENT STUDY

Researchers: Thanh Dang-Vu, MD, PhD, & Jean-Philippe Gouin, PhD

Do you suffer from insomnia ?

Yes / No

Concordia University Researchers are conducting a study evaluating the impact of a non-pharmacological treatment for insomnia on health.

Individuals suffering from insomnia at least 3 times per week for at least 3 months are eligible.

Participation in this study will include:

- A free individual therapy program comprising 8 sessions over 3 months
- Three overnight sleep recordings in our sleep lab
- Two MRI sessions at the PERFORM Centre
- Completion of cognitive tests after sleep

We are seeking adult participants who meet the following criteria:

1. Between 25 and 65 years old
2. Not using medication that affects sleep
3. No diagnosed sleep disorders (e.g., sleep apnea)
4. Absence of chronic illness, neurological disorder, or mental health disorder
5. No history of brain hemorrhage, brain tumour, or brain surgery
6. No regular night-shift work or recent travel across several time-zones
7. No regular alcohol or substance use
8. No contraindication to MRI

If you are interested in this study, please call us:

(514) 848-2424, ext. 2284

or send an e-mail to: insomnia.concordia@gmail.com

