RECOVER SLEEP

Do you have sleep problems or daytime sleepiness after COVID?

Researchers are studying possible treatments for adults who have Long COVID, which is when a person has symptoms months after getting COVID. We want to find possible treatments to improve sleep quality and daily functioning for people who have Long COVID.

You may be a good fit for this study if:

- You are an adult who had COVID
- You do not have an active COVID infection
- You still have 1 or more of these symptoms:
  - Problems falling asleep or staying asleep
  - Poor sleep quality
  - Trouble staying awake or feeling very tired during the day
  - Insomnia or problems with your sleep-wake schedule
- You are not pregnant or breastfeeding

What to expect

If you decide to take part, your participation should last about 3 to 4 months. During that time, you will:

- Visit the clinic 2 to 3 times to complete surveys, lab tests, and tests of attention and thinking speed
- Use a daily study intervention, such as a study drug, device, or other approach, provided at no cost
- Wear a device to track your activity patterns and/or light exposure
- Complete a sleep/activity log at home
- Answer follow-up surveys
- Be paid for your time

Contact the study team for more information:

Email Us At: CovidTrials@UVAHealth.org

Call Us At: (434)243-4008 or 1-855-UVA-JEDI

No health insurance is required

Learn more at trials.recovercovid.org/sleep