

Sleep SMART Research Study

You can help us find a new treatment to prevent stroke and improve stroke recovery.

Participation is voluntary and your medical care will not be compromised should you decide not to participate. If you might be interested in being part of this important clinical research study or would like more information, please contact a member of the study team listed in this leaflet. Thank you.

SITE PI: Natalie Kreitzer, MD

RESEARCH COORDINATOR:

Sadie Caldwell, MA

INSTITUTION: UC Health West Chester

TELEPHONE #: 513-558-4503

WEBSITE: Sadie.caldwell@UC.EDU

Grant Number: 1U01NS099043-01A1

Sleep SMART

SLEEP FOR STROKE
MANAGEMENT AND
RECOVERY TRIAL

What is the study testing?

This study is being done to figure out whether treatment for sleep apnea, in people who have had a stroke or TIA (“transient ischemic attack” or “mini stroke”) improves recovery from stroke and helps prevent future stroke, heart problems, and death

What will happen if I participate?

Part 1: Eligibility

- We will test you for sleep apnea with a sleep apnea test
- The device records your breathing, blood oxygen, pulse, heart rhythm, and movements during the night
- If this test shows you do **not** have obstructive sleep apnea (OSA), your participation in the study is over

Part 2: Treatment Period

- If you have significant OSA, you will then proceed to try CPAP for a night to see if you are comfortable using it. If you are, you can proceed to randomization.
- You will be "randomized" into 1 of 2 groups: A group with CPAP and usual medical care or the other group with no CPAP and usual medical care for the next 6 months
- You have an equal chance of being in either group

Who can participate?

- Patients with a stroke or TIA within the last 14 days
- Patients who are over 18 years of age

There are several other criteria that we can review if you are interested in participating