

# Research

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**Effectiveness of two non-pharmacological interventions for people who experience disordered sleep but do not have a medical problem causing the sleep disturbance.**

**INVESTIGATOR:**

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**STUDY SUMMARY:**

The study will compare the effectiveness of the Dreampad™ audio pillow and the iRest yoga meditation method in a 2-week intervention period with healthy adults ages 25-65.

The study will use the following three groups:

- I) Dreampad™ audio pillow (n = 10)
- II) iRest yoga meditation (n = 10)
- III) Control group (n=10)

The study will last for 4 weeks; including a 1-week screening period, 1-week baseline data collection period, and a 2-week intervention period. Outcome measures will be determined using a wrist band actigraph, daily sleep journal, and two pre- and post-Likert scale self-report measures.

**RESULTS SUMMARY:**

The study has been completed and submitted for publication.