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.