

# HeartSleepStudy

**Insomnia Self-Management  
in Heart Failure**

Do you have heart failure?

Do you have  
problems sleeping?

## HeartSleepStudy

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This study is funded by the National Institutes of Health Grant  
#R01NR 016191 and approved by the Yale Human Investigation  
Committee Protocol #0904005041 | VA HSS# 0001

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# Sleep Disturbance, Insomnia and Heart Failure

If you have problems falling asleep, staying asleep, waking up too early in the morning, and/or non-restorative sleep, you may have insomnia. Insomnia may contribute to daytime symptoms such as fatigue, sleepiness, and depression. Sleep disturbance and insomnia symptoms are common in people with heart problems, including people with heart failure.

## About The Study

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The purpose of the **HeartSleep Study** is to examine the effects of **Cognitive Behavioral Therapy** for insomnia on sleep, insomnia, and symptoms in people with heart failure. Cognitive Behavioral Therapy for insomnia helps people manage their thoughts and behaviors that lead to and worsen insomnia. It may improve sleep, insomnia, and fatigue in people with heart failure.

### Who Is Eligible?

You may qualify if you are 18 years of age or older and have:

- Heart failure or congestive heart failure.
- Difficulty falling asleep, staying asleep, awakening too early, or feeling unrested after sleep.

### What Is The Treatment?

You will learn and practice ways to improve your sleep. You will also learn ways to manage heart failure.

The treatment does not include medications, but you may participate if you are taking sleep medicine.

The treatment will be provided to groups of people who have heart failure. The groups will be led at Yale School of Nursing by a nurse practitioner.

### Will I Be Compensated?

You will be paid up to \$300 for your time and effort.

*To learn more, please contact: Sarah Linsky  
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