

## **Rise & Shine: Promoting Sleep Quality in Chronic Stroke with Exercise**

**Location:** Greater Vancouver Area

**Number of participants:** 62

**Description:** Approximately 50% of people who had a stroke are diagnosed with insomnia. Poor sleep quality is a modifiable risk factor for having another stroke and negatively affects recovery and physical function (e.g. mobility, walking). It is essential to research strategies to improve sleep quality, especially for females, who may face more serious health consequences from poor sleep than males.

This study aims to determine whether 6-months of 1) exercise or 2) cognitive training and social activities can improve sleep quality in people who have had a stroke and are experiencing poor sleep quality. Both programs meet twice per week for 1 hour at Vancouver General Hospital.

At the beginning, 3-months, and 6-months participants will complete a 4-hour in-person measurement session at Vancouver General Hospital. Participants will complete cognitive function, mobility, and arterial stiffness assessments, questionnaires, and a blood draw. Participants will continuously wear an activity monitor on their wrist for one week.

**Language:** English only.

**Eligibility:** The Rise and Shine study is looking for 62 people aged 55 years or older who have had an ischemic or hemorrhagic stroke at least one year ago and are experiencing poor sleep quality.

**Participant requirements:** The Rise and Shine study is a 6-month commitment. Both groups (i.e. exercise or cognitive and social activities) meet twice per week for one hour each. There are 3, 4-hour assessment sessions. All components of this study are in-person at Vancouver General Hospital. Participants will be reimbursed up to \$100 for transportation costs to cover public transit and/or parking expenses (no receipt required). Reimbursement will be pro-rated, so if a participant decides to withdraw from the study, they will be reimbursed for the proportion of time they have spent in the study.

**Institution:** Canadian Institutes of Health Research and Michael Smith Health Research BC

**Primary contact:**

Cindy Sha 604-875-4111 ext. 69056

[exsleep.strokestudy@ubc.ca](mailto:exsleep.strokestudy@ubc.ca)

**For participants:**

Victoria Cirone

604-875-4111 ext. 69313

[exsleep.strokestudy@ubc.ca](mailto:exsleep.strokestudy@ubc.ca)