



## Do you have sleeping problems or daytime sleepiness after COVID?

Researchers at the University of Kentucky are conducting a study to examine possible treatments for adults who have been diagnosed with Long COVID, which is when a person still has symptoms, months after getting COVID.

The purpose of the study is to find possible treatments to improve sleep quality and daily functioning for people who have Long COVID.

### What to Expect:

#### Duration: 3-4 months. During that time, participants will:

- visit the clinic 2-3 times to complete surveys, lab tests, and tests of attention any thinking speed
- use a daily study intervention (examples: a study drug, device, or other approach (at no-cost))
- wear a device to track your activity patterns and/or light exposure
- complete a sleep/activity log at home
- answer follow-up surveys
- be paid for your time

#### You may be eligible to participate if you:

- are 18 years or older and had COVID
- do not currently have an active COVID infection
- are not pregnant or breastfeeding
- still have 1 or more of the following symptoms:
  - problems falling asleep or staying asleep
  - poor sleep quality
  - trouble staying awake or feeling very tired during the day
  - insomnia or problems with your sleep-wake schedule

For more information, Contact:  
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