



## Clinical Research Study on Sleep and its Effects on The Aging Brain

**Research Description & Purpose:** Researchers at the Massachusetts General Hospital want to investigate the role of sleep in age-related memory changes and brain health. This research study is for adults ages 50-90 who are interested in helping the fight memory loss and Alzheimer's disease. Research is always voluntary!

**Would the study be a good fit for me?** This study may be a good fit for you if:

- Are age 50-90
- Fluent in English
- Stable medical conditions
- Enrolling both cognitively healthy adults and adults with mild cognitive impairment or mild dementia

**What would happen if I took part in the study?** If you decide to take part in the research study, you would:

- Come in for 5 or more visits over 1-3 years with flexible scheduling
- Be asked to complete evaluations including memory tests, brain scans (MRI and PET), and at-home sleep tests

Participants who take part receive compensation up \$1,050 to thank them for their time. Parking vouchers will be provided too. Along the way, a team of dedicated research doctors and study team members will be available to aid you throughout the study!

**Location of Research:** In-home, MGH Main Campus, and/or MGH Charlestown Navy Yard

**Contact Information:** To take part in the SONNET research study or for more information, please contact Nicholas Stevenson at 617-726-8906 or [nestevenson@mgh.harvard.edu](mailto:nestevenson@mgh.harvard.edu)

