



Neuropsychiatric Outcomes and Disrupted Sleep following Acquired Brain Injury (NODS Study)



- **Have you had a stroke, brain bleed or traumatic brain injury (TBI) in the past year?**
- We are doing research about **sleep and mental health after brain injury**
- We want to find out if better sleep quality relates to better mental health so we can find out how sleep affects overall recovery.



- We will **ask you about your sleep and mental health** symptoms using questionnaires.
- We will monitor your sleep for 2 weeks using a sleep diary, and a waterproof sensor on your wrist (optional).
- We will ask you to place a sleep mat under your mattress for 2 weeks (optional).
- We will ask you to wear a sensor on your head to measure your brain activity during sleep at night (3-5 nights, optional).
- We will repeat these assessments **every 3 months until it has been 1 year** since your brain injury

If you have any questions, or would like more information,
please contact us: **The NODS Study**

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