

DEVELOPMENT AND INITIAL FEASIBILITY TESTING OF TREATMENT FOR

SLEEP DISTURBANCE IN WOMEN WITH EATING DISORDERS

Call for Participants

DID YOU KNOW?

>50% of women with eating disorders report **severe sleep problems**

AND sleep problems can **interfere** with eating disorder recovery

silver lining?

this means that treating sleep problems that co-occur with eating disorder symptoms could **enhance eating disorder treatment outcomes**

PURPOSE OF THIS STUDY

To **understand** the sleep-related thoughts and behaviours that can contribute to poor sleep in women with eating disorders. Results will be used to **develop a behaviourally-based sleep intervention** that is tailored specifically to eating disorder populations.

WHO CAN PARTICIPATE?

- If you are...
- Female
 - 18-50 years old
 - Not pregnant, and
 - Currently experiencing sleep problems **and** eating disorder symptoms

...then you may be eligible to participate in this study.

WHAT DOES PARTICIPATION INVOLVE?



Online Survey
about thoughts and behaviours related to eating and sleeping



30-40 Minutes
but you can take as long as you want



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<https://redcap.link/sleepbetter>

OR SCAN QR CODE:
with the camera of a cellphone



[sleepbetter.ed.research](https://www.instagram.com/sleepbetter.ed.research)

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Study ID: Pro00096401 Approved by the Research and Ethics Board at the University of Alberta
Question/Comments? Please contact the primary research, Ellen Klaver, M.Ed.: eklaver@ualberta.ca