



Do you have sleep problems after getting COVID? You may be able to join a research study on Long COVID.

What is Long COVID?

Long COVID is when a person has symptoms months after getting COVID. Symptoms can include trouble breathing, a cough, trouble sleeping, feeling weak and tired, and problems with certain organs, such as the heart or kidneys.



What is the study about?

With your help, we can better understand how the virus that causes COVID affects sleep and find possible treatments to improve sleep quality and daily functioning for people who have Long COVID. RECOVER-SLEEP is studying interventions, or possible treatments, for people who have sleep problems related to Long COVID.

What makes someone a good fit for the study?

- You are an adult who had COVID
- You do not have an active COVID infection
- You still have 1 or more of these 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
- You are not pregnant or breastfeeding



No health insurance is required.

Learn more at trials.recovercovid.org/sleep



What can I expect if I decide to take part?



Your participation will last about 3 to 4 months



You will visit a study clinic 2 to 3 times during the study



You will complete surveys, lab tests, and tests of attention and thinking speed



You will be paid for your time

What will I be asked to do as a participant?



Use a daily study intervention, such as a study drug, device, or other approach, provided at no cost

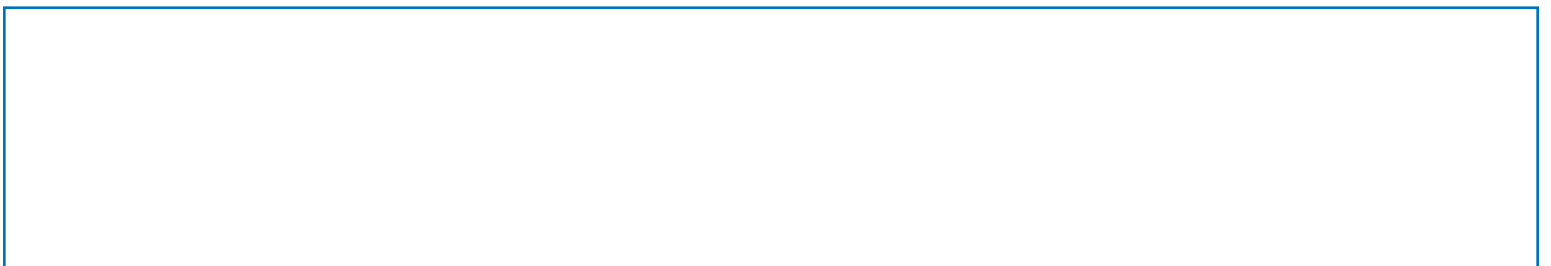


Wear a device to track your activity patterns and/or light exposure



Complete a sleep/activity log at home

Contact the study team to find out if RECOVER-SLEEP is right for you.



Scan the code to learn more or visit trials.recovercovid.org/sleep

