

Do you experience depression and trouble sleeping?



Speak to your GP today about the RESTED study or visit the website:

[<ADD Website link here>](#)

At the University of Oxford, we are looking for **volunteers aged 18 years and above**, who **experience depression and sleep problems**, to take part in a research study. Our aim is to test whether a behavioural treatment for poor sleep also improves depression, and how the treatment works.

The study takes place over 6 months and involves completing some questionnaires and sleep diaries and receiving either usual care from your healthcare provider or a behavioural sleep treatment plus usual care from your provider. You will receive gift vouchers for taking part.

Please visit the website or contact us on <Add telephone number> or by email RESTED-Trial@phc.ox.ac.uk

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