



Sleep-e: Online training for a better sleep

Information

Dear participant,

Great that you want to participate in our study to work on a better sleep. Here, we inform you about our study.

What is the study about?

We have translated an online training for people who sleep badly into English. Now, also people with a migration background who do not speak German can use it. This study examines whether the training Sleep-e can help people with a migration background sleep better.

What is the online training about?

The training has 4 parts. Each part is less than an hour long. It is about:

- 1) Tips to sleep well
- 2) Relaxation exercises
- 3) Diary about your sleep
- 4) Information about the health system in Germany

Does the online training help?

Psychological online trainings can help you sleep well. Many scientific studies show this. That is why we believe that Sleep-e can help you, too. But that also depends on other things - for example how often you do the training.

What is the aim of the study?

We want to find out whether Sleep-e can improve sleep in people with a migration background. And we want to know if you like the training.

What happens in the study?

First, we need to know that you want to participate in the study and agree with the procedure. You can tell us this in an online form. The word for the online form is

University of Freiburg

Department of Psychology

Rehabilitation Psychology
and Psychotherapy

Head: Prof. Dr. Dr. Jürgen Bengel
Engelbergerstr. 41
D-79085 Freiburg

Study: Sleep-e

Project manager:
Dr. Lasse Sander
E-Mail: lasse.sander
@psychologie.uni-freiburg.de
Tel: 0761-203 3049

Contact and information:
B.Sc. Annika Weiser
B.Sc. Layla Humpert
M.Sc. Kerstin Spanhel
E-Mail: sleep-e
@psychologie.uni-freiburg.de
Tel: 0761-203 3045

■ "informed consent form". After you have completed the informed consent, you will get a link to an online questionnaire that takes 30 minutes. In the questionnaire, we ask you how you feel. We need to know this to see if you can participate in the study.

After the questionnaire, there are 2 groups: Group A can directly do the online training. Group B has to wait until they can do the online training. After 1 and 3 months, both groups complete online questionnaires again. Then, Group B can do the online training, too. It is very important that you complete all questionnaires when you participate in our study.

What do you have to do, what do you get from the study?

You need Internet access, a device with which you can access the Internet (best a computer), and an e-mail address. There are 3 online questionnaires, in which we ask you how you feel and how you like the training (at the start of the study, and after 1 and 3 months).

In return, you can participate in an online training for a good sleep for free. You will get tips for a good night's sleep and perhaps have an easier everyday life with them. You can also tell us how you find the training and help people with a migration background to do it. And you can win a €50 Amazon voucher.

Is the participation voluntary?

Study participation is voluntary. You can tell us in the consent form that you want to participate. You can end your study participation at any time and say that your data will be deleted. There will be no harm for you.

Cost bearers (e.g. health insurance companies) or other third parties (e.g. employers) have not facilitated this study.

What's next?

If you want to participate in the study, please complete the online consent form. Afterwards, you receive a mail with a link to the first online questionnaire.

Please call us or mail us if you have any questions.

Thank you for your participation!



Dr. Lasse Sander
Project manager



Prof. Dr. Dr. Jürgen Bengel
*Head of the Department of Rehabilitation
Psychology and Psychotherapy*