

New treatment for sleep disorders

The TIRED Trial



Phoenix
AUSTRALIA

Traumatic Stress
Clinic

Are you a Victoria-based ex-serving member of the Australian Defence Force or a first-responder experiencing sleep difficulty?

The TIRED trial is a randomised controlled trial testing a new psychological treatment for sleep disorders. This trial offers no-cost treatment for sleep disorders delivered by a qualified clinician via telehealth (videoconferencing).

Who is eligible to participate?

We are seeking participants who:

- are ex-serving members of the ADF, or first-responders (e.g., police, firefighter, paramedic)
- meet criteria for diagnosis of any sleep disorder (e.g., insomnia)
- live within the state of Victoria, including townships near the Victorian border (e.g., Wodonga, Echuca, Mildura, etc.)
- find out more here <https://www.phoenixaustralia.org/the-tired-trial>).

What is involved?

Participation involves a number of different steps:

- an intake assessment to assess eligibility and presence of sleep disorder
- random allocation into one of two groups:
 - *immediate treatment group* (individuals who receive sleep treatment immediately)
 - *delayed treatment group* (individuals placed on a waitlist and receive treatment 12 weeks after the first assessment)
- treatment involves attending four to ten, 50-minute treatment sessions, delivered via videoconferencing
- completing a number of online surveys and clinical interviews throughout the duration of the study.

How can I participate?

If you would like to participate or find out more, please contact the trial intake line on **1800 514 905** or visit www.phoenixaustralia.org/the-tired-trial

The TIRED Trial is being conducted by Phoenix Australia – Centre for Posttraumatic Mental Health, and is funded by the Victorian Department of Premier and Cabinet, with additional funding support from the Canadian Centre of Excellence on PTSD. This research project has been approved by the Department of Defence and Veterans' Affairs Human Research Ethics Committee (Protocol Number: 263-20).