

Do you want to participate in a study of **asthma** and **sleep**?



You are invited to **participate** in a study looking at the effects of **asthma** and **rhinitis** on **sleep**. We are looking for men and women aged 18-65 who have diagnosed asthma and who want to participate in a study where we will evaluate the importance of clear nasal breathing on sleep efficiency.

During the study you will use either an anti-inflammatory nasal spray (intranasal cortisone spray) or placebo for 6 weeks in addition to your usual asthma treatment. This is followed by 4 weeks without nasal spray and then another 6 weeks with the other spray that you did not use during the first period.

During the study we will examine your nose and measure sleep quality in the home environment after each treatment using a small device (Actiwatch) worn on your wrist.

If you are interested in participating, please contact the Woolcock Institute of Medical Research.:

- Kate Campbell, (02) 9114 0411, katecampbell@woolcock.org.au
- Recruitment Coordinator, (02) 9114 0436, volunteers@woolcock.org.au

All information received is kept strictly confidential.

There are no costs associated with participation and travel expenses will be reimbursed.

This study has been approved by the SSWAHS Ethics Committee (RPAH Zone), Protocol number X05-0282.

Principal Investigator: Janet Rimmer

The Woolcock Institute of Medical Research is committed to improving the health of all Australians through research, education and care.

www.woolcock.org.au/volunteer.html

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