

Summer  
2019



**THE CART  
INITIATIVE**

Quarterly  
Newsletter



# MOVING RIGHT ALONG

As of the beginning of August, 206 homes have been enrolled nationwide in the study. We're close to our goal of 240. We're also getting ready for our Demonstration Project - the second phase of the study - and have included a new sleep sensor into our in-home technology platform.



**65  
homes**

Recruited by  
OHSU



**64  
homes**

Recruited by  
the VA



**55  
homes**

Recruited by  
Rush University



**22  
homes**

Recruited by the  
University of Miami

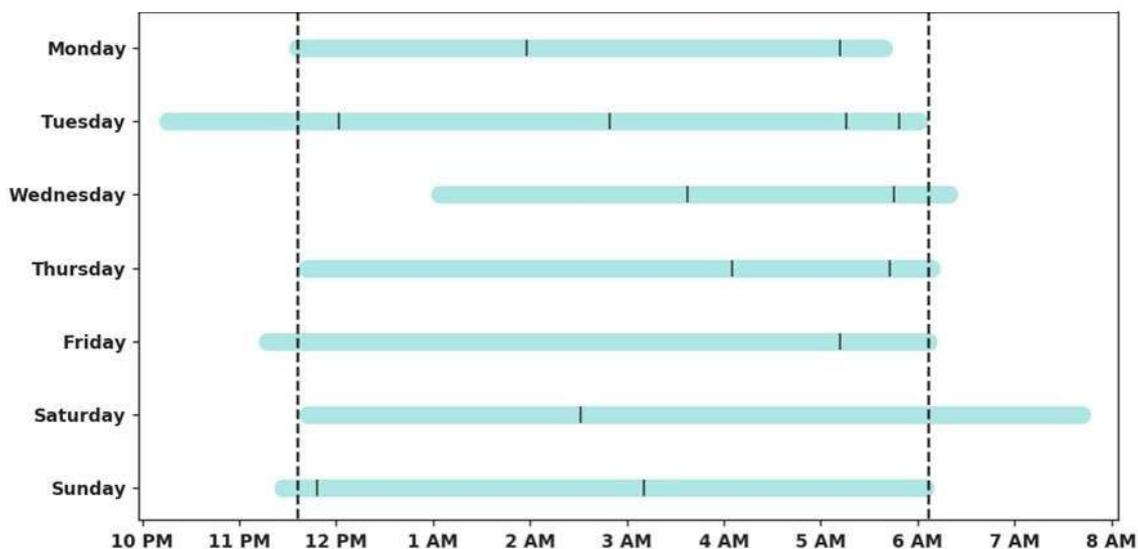
# NEW SENSOR TO BE INSTALLED



You may have been notified about a new sleep sensor that will be installed in your home later this year. The strip part of the sensor sits under your side of the mattress. It measures when you fall asleep, restlessness, and the amount of time spent in light, deep and REM sleep cycles.

## EVER WONDER WHAT YOUR DATA MAY SHOW? HERE'S AN EXAMPLE

### DAILY SLEEP TIMES



The graph shows one week's worth of sleep sensor data from a participant. (Data was collected from the sleep sensor introduced at the top of the page). The horizontal blue lines show the times that the participant was sleeping.

The short black lines within each blue line show the times when the participant got out of bed each night. The first vertical dotted line represents the median time that the participant went to sleep over the week (around 11:30 pm). The second vertical dotted line represents the median time that the participant woke up over the week (around 6 am). Interestingly, the participant "slept in" - almost to 8 am - on Saturday.



## TIPS FROM OUR TEAM

A few helpful reminders about the research study.



Remember to step on your scale once a day. This ensures we have more accurate data.



Remember to keep your watch clean and dry, especially after a workout or shower.

## RECENT RESEARCH RELATED EVENTS

Several team members presented their research at the Alzheimer's Association International Conference in July. Attendees included: Zach Beattie, PhD who spoke about using walking speed to predict future falls in older adults, Dr. Jeff Kaye, who talked about high compliance of collecting sleep data from the watches in CART and Nicole Bouranis, who presented about the challenges in monitoring adherence rates to study protocols.

[Click on the box above to learn more about the 2019 AAIC](#)

Reviewed and Published by these CART partners



U.S. Department of Veterans Affairs



UNIVERSITY OF MIAMI

