

Do you...

Experience difficulties with sleep?

Help care for a family member with mental illness?

Help researchers understand the sleep difficulties and treatment needs of family caregivers by participating in **Project SAGE!**

Eligible study participants are:

Adults (18+ years)

Experiencing sleep difficulties

Providing ongoing care (1+ hour per week) for an adult family member with serious mental illness

Able to join Zoom video meetings



Access Screening Survey:

[Click this link!](#)



Caregiving can include but is not limited to:

Errands and meal prep

Check ins

Monitoring behavior

Acute symptom management

Insurance support

Contacting providers

Attending appointments

Participants will receive up to \$100 dollars for participating in a 1 hour virtual focus group and completing surveys.

Contact Information

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Principal Investigator: Nicole Gumport, PhD



For complaints, concerns, or participant rights, contact 1-866-680-2906