



DO YOU HAVE CEREBELLAR ATAXIA?

Would you like to participate in a sleep study?

Massachusetts General Hospital is recruiting individuals with cerebellar ataxia for an in-home sleep study.

The study will span 7 days during which you will wear a watch that will record your activity levels. All procedures will be conducted in your home. On Day 1 of the experiment, we will conduct a sleep apnea assessment, and a brief assessment of your eye movements, speech, gait and mental status. On the evening of Day 6, you will perform a memory game and we will attach electrodes to your scalp, near your eyes, on your chin and leg to assess your sleep. We will then return on the morning of Day 7 to remove the electrodes and to re-rest you on the memory game. Finally, you will complete a set of questionnaires relating to your sleep habits and sleep quality, your mood and quality of life. The total amount of time for the experiment is 5 - 5.5 hours. You are also free to withdraw at any time, as well as to leave any questions unanswered if you choose to do so. Participants must be between 18-79 years of age and have been diagnosed with SCA5, SCA6, SCA8, SCA28, SCA35, ARCA1 or ARCA3, and be willing to temporarily refrain from sleep-affecting medications such as benzodiazepines, antidepressants, stimulants and sleep aids. Additionally, you must not have a history of cerebellar disease caused by isolated cerebellar injury, including cerebellar stroke (ischemic or hemorrhagic) or cerebellar tumor.

If you would like to participate in our research, or have any questions, please call: (617) 726-3216 or email: ataxiasleepstudy@gmail.com

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Approved by Partners IRB (Study # 2015P000744)