



Hello!

Thank you for enquiring about EPDA sleep campaign.

We want to talk about sleep; to encourage people to share what works for them and what doesn't work. Will you join us?

Maybe you are someone with Parkinson's, or their partner or carer – but it's likely you have been directly or indirectly affected by insomnia, or have experienced what helps. We want to hear about it.

From what you tell us we will produce guidance for people with Parkinson's. We want to share your stories about sleep but we would also like you to help us to spread the message in your own way. Please tell us how you can help by answering the few questions below.

Please indicate the relevant sections below that apply to you.

Please tell us about yourself :

Person with Parkinson's

Partner of person with Parkinson's

Carer of person with Parkinson's

Other – please state :

Please give us your name and how you would like to be contacted:

Please tell us where you live and what is your first language

Are you also able to communicate in English? (this is not essential but can help us understand what languages we need to use).

Please tell us how you are able to get involved below:

- **I want to share my thoughts and I am happy for you to use them anonymously** (then please send them to us in this email - *tell us what you have found helpful getting to sleep, and what stops you from sleeping well*)
- **I want to share my thoughts and am happy for you to use my name** (then *tell us what helps you sleep, and what stops you from sleeping well. Please also* tell us the name you would like attributed to your comments - if you can also tell us a bit about yourself even better)
- **I would be willing to be interviewed for an article or a sleep case study to share my story with others**(you will have opportunity to discuss what you would like to disclose, and approve your quotes in any final text we share)
- **I would be willing to be interviewed and recorded online with a camera, or mobile**(we will ensure you are happy with the final output)
- **I would be willing to be interviewed and recorded online verbally** (we will ensure you are happy with the final output we share)
- **I would be happy to keep and share a sleep-diary for a period of time** (we will ensure you are happy with the final output of anything we share)
- **I will be willing to keep a sleep video-diary to share** (we will ensure you are happy with the final output of anything we share)
- **I am active on social media and would like to share stories and information on sleep.** please let us know what social media you use, and we will send you campaign materials on sleep you can share.

Thanks for your help - we look forward to working with you to raise awareness of the sleep issue and start a conversation! 

If you would like any other information or would just like to talk please contact tara.nabili@outlook.com