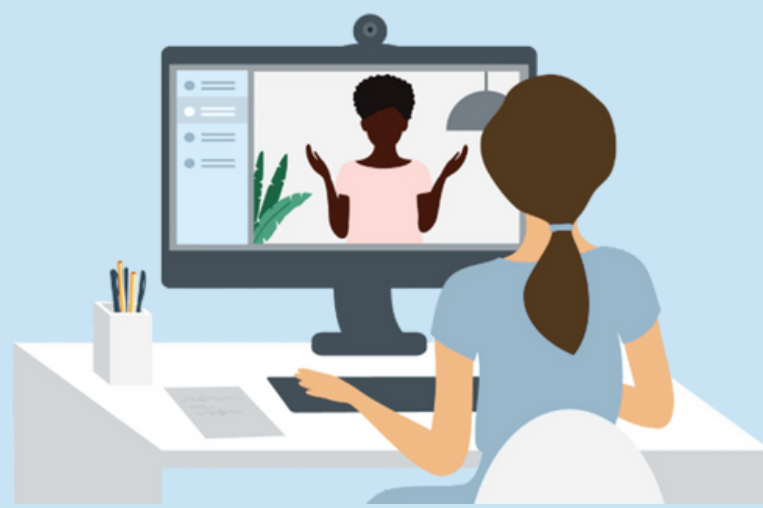


Exploring Sleep Deprivation in Chronic Cluster Headache

Living with Chronic Cluster Headache means there is no respite from attacks of excruciating pain day and night, year after year. This study aims to examine how sleep deprivation affects the quality of life of people with Chronic Cluster Headache.



Here's what the study involves:

1. Completing 4 questionnaires to help us gather baseline measures about your sleep, mental health, and pain.
2. Attending an online interview with the researcher
3. Keeping a sleep diary for a week
4. Wearing a sleep tracking watch for a week

To participate, you need to be:

- Fluent in English
- A UK resident
- Diagnosed with **Chronic** Cluster Headache
- Able to provide GP details (so we can ensure your safety during the study)
- Not currently pregnant or breastfeeding
- Not a night shift worker

Interested?

This study is part of doctoral research at the University of East Anglia. Contact the lead researcher, Kotryna Ragazinskaite, at k.ragazinskaite@uea.ac.uk to find out more.

As a token of our appreciation, we'll be making a £100 donation to the OUCH charity.