

## PRESS RELEASE

September 26, 2022

### **BEL ANNOUNCES NIH GRANT AWARD FOR SLEEP THERAPY TO HELP MILD COGNITIVE IMPAIRMENT**

**BEL is pleased to announce the National Institute of Health grant award for \$2.5 M over three years for the Home Sleep Therapy System for Mild Cognitive Impairment.**

This grant award will provide funding to study the impact of targeted transcranial electrical stimulation (TES) to improve deep sleep, or N3, on people diagnosed with Mild Cognitive Impairment, or MCI. Previous research has found a link between the lack of deep sleep and the risk for developing dementia, Alzheimer’s disease, and the MCI that often precedes these illnesses. BEL has published evidence (Hathaway, et al 2021) of lengthening N3 sleep using TES technology called the Sleep WISP® device, a comfortable headband that people wear in their own home while sleeping. The Home Sleep Therapy System will measure EEG activity during the night and send painless electrical currents to boost N3 sleep in the wearer. The study will test memory performance for participants before and after the sleep therapy to monitor any improvement.

Other collaborators on the project include sleep experts Dr. Ruth Benca, Wake Forest University, and Dr. Miranda Lim, Oregon Health Sciences University and Portland Veterans Administration. BEL is thrilled to work with these scientists and with NIH/ National Institute of Aging to explore new methods of caring for the human brain through all stages of life.

