

# GET Sleep

## Stepped Care Model for the Treatment of Sleep Disorders

### Brief Description

Insomnia often impacts daily functioning and is one of the most prevalent disorders encountered by general physicians. Cognitive behavior therapy for insomnia (CBT-I) is recommended as the treatment of first choice. Nevertheless, it is rarely implemented. Internet-based therapy programs offer a promising way to provide CBT-I on a larger scale to patients. GET Sleep investigates this possibility in a multi-center project which is funded by a German Federal Healthcare Fund "Innovationsfond".

The aim of this cluster-randomized clinical trial is to investigate a stepped care model for the treatment of insomnia equipped with an internet-based CBT-I program at its center.

General physicians will be randomly assigned to one of the following conditions and their patients receive the respective treatment:

- Routine treatment in the general care practice (TAU, n=428)
- Stepped care model for the treatment of insomnia: a diagnosis and initial psycho-educational treatment by the general physician (step 1) is followed by an internet-based CBT-I

in 3 variants (step 2), which differs in the extent of psychological care:

- **Get.On Insomnia<sub>Standard</sub>**: Patients receive an extensive coaching (n=1280)
- **Get.On Insomnia<sub>Flex</sub>**: Patients receive an adherence focused coaching (n=1280)
- **Get.On Insomnia<sub>Basic</sub>**: Patients receive no additional coaching (n=1280)

If necessary, patients receive further psychotherapeutic, psychiatric or sleep medicine treatment by specialists (step 3).

For the evaluation, patients are surveyed at baseline (T0), 4- (T1), 12-weeks (T2), and 6-months (T3) after enrollment. The primary outcome is insomnia severity at T3. Additionally, will be examined which variant of the internet-based CBT-I is most suitable for which patient group (with / without mental and / or physical comorbidity). Secondary outcomes include various sleep-related measures, the intake of hypnotic drugs a health-economic, and a qualitative evaluation.

For more information about the project see:  
<https://www.getsleep.de/>

### Head of Project

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### Head of Evaluation

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### Project Team (Department)

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### Project Partners

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### Funding

Innovationsfond for the promotion of new forms of health care (Innovationsausschuss beim Gemeinsamen Bundesausschuss)

### Project Duration and Grant

01.10.2019 – 30.09.2023;  
 Grant: 6.073.845 €  
 Sub Project: 617.538 €

### Publications

For publications of the department see:  
<https://www.uni-ulm.de/in/psy-klips/publikationen/publikationen/>