

Center for Innovation on Sleep Self-Management  
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#### CENTER AFFILIATES

The Center for Innovation in Sleep Self-Management (CISSM) in the School of Nursing at the University of Washington is funded by a grant from the National Institute of Nursing Research, NIH. The CISSM supports the development, implementation and dissemination of self-management interventions to assist adults and children with chronic illness to sleep better and simultaneously improve health, well-being, and quality of life.

Center Affiliates are an important component of the CISSM and are involved in all aspects of its work. They include investigators participating in the ongoing research addressing sleep disturbances who are supported by both extramural and intramural funding; trainees and investigators involved with the training efforts of the Aging and Informatics and Omics and Symptom Science T32 Research Training Grants and other collaborating units of the University of Washington and broader sleep research community.

The Center offers a wide range of services or its affiliates:

- CISSM Pilot Core services will provide mentorship in sleep science, symptom management, self-management, [NINR common data elements \(CDEs\)](#), daytime function measures, and education/training related to NINR CDEs, actigraphy, and the use of technology to improve sleep.
- CISSM Informatics and Patient Centered Technology Core services will provide limited consultation on electronic data capturing; advice about the selection and testing of existing patient-centered technologies, self-management, and actigraphy sleep/wake measures
- Access to the data repository for NINR CDEs and the Usability Lab.
- Ability to collaborate with Center faculty, staff, graduate students, postdoctoral scholars and other affiliates including:
  - Jointly sponsored workshops, lectures, and conferences
  - Communicating through the Center's newsletter and the opportunity to make contributions