

RECRUITMENT CHALLENGES AND RESPONSES

Concern expressed by patient or family member when discussing Sleep SMART	Sample response
I don't have sleep apnea/trouble with my sleep	Most stroke patients with sleep apnea don't know they have sleep apnea, so you don't need to have any trouble with your sleep/snore/feel tired to have sleep apnea
I'm thin. I don't have sleep apnea.	Most stroke patients have sleep apnea - even the thin ones. The only way we'll know if you have it is if we test for it.
I'm old and I've been sleeping fine for 80 years. Why are you bothering me with this now?	It turns out that most people with stroke have sleep apnea and don't know they have it because they don't have any symptoms. Sleep apnea has been linked to worse outcomes after stroke, so we're trying to see whether treatment of sleep apnea improves recovery after stroke and helps prevent another stroke.
Patient pulls things off/agitated - may not be able to tolerate the procedures	That's ok. Sometimes we're surprised by how long people who have been pulling at things keep the device on. Even a few hours of recording is helpful to us. Then we would have to see how he/she does with CPAP.
Night shift worker - sleeps during the day	Sure. We can do the test when you sleep. It doesn't have to be at night.
Something in my nose?	The prongs just rest at the front of your nostrils like the nasal cannula used to deliver oxygen. Let me show you the tubes...
I just had a sleep test and I know I don't have sleep apnea.	You bring up a very interesting point. It is possible that stroke can worsen sleep apnea or even cause sleep apnea, so your results now may be different from your sleep test before your stroke. And even if you don't have sleep apnea, your results will be important to our research.
I don't think I'm going to sleep a wink tonight. I can't sleep in the hospital.	I'm sorry to hear that you've been having a lot of trouble sleeping here. Unfortunately, many patients share that same problem. The readings we get from those other patients like you who can't sleep well are typically still ok, so we'd be happy to give it a try. You generally don't have to sleep well to still help with the study, or to find out whether you have sleep apnea.
I'm worried I won't be able to get up during the sleep apnea test. What if I have to go to the bathroom?	The sleep apnea test is completely portable. You can get up and walk around (if allowable) easily while wearing it.
Doesn't want to break device	Oh, don't worry about that! The device is pretty sturdy.
Patient is very sick/too much going on	Sure, we can wait and talk about it again if you like. The test is so simple that we can run it on people who are very sick.
Medical tests scare the patient	Sure, that's understandable. This happens to be one that is really easy. It's a simple device - no needles, nothing that hurts. It mostly measures breathing and the oxygen in the blood to see if there are any breathing problems during sleep. Let me show you the device.
Claustrophobia	I can understand that concern. People with claustrophobia usually find this type of sleep apnea test to be very comfortable, though. There are also some newer mask types that often work well for people with claustrophobia, so the CPAP portion should work out ok too.

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What happens if after I get home I can't figure out how to use the machine?	There's a really strong support system built into the trial to help you with any problems you have with your CPAP machine. If you have any questions or problems, you can call the experts at a company called Fusion Health that provides this support. They will also monitor your CPAP use and will call you if it looks like there are problems. They can even send you replacement masks and other equipment by mail if you need it.
What if my CPAP machine breaks?	If the machine stops working or stops working correctly and Fusion Health can't get it going again, they will likely just send you another one.
Can the CPAP machine electrocute me?	CPAP is very safe and is FDA approved. If you use it normally, it cannot shock you. Of course you should not submerge the device in water.
Can the company that helps with my CPAP sell my data?	No.
Will my insurance company be billed for the services provided by Fusion Health, or for any of the equipment if they are willing to pay for it?	No. The CPAP, supplies, and services provided by Fusion Health are all covered by the trial.
I usually sleep on my side or stomach, can I still wear CPAP?	Yes, many people use CPAP without difficulty while sleeping on their side or stomach. When you sleep on your stomach, you may feel more comfortable with your head turned.
My wife/husband tried CPAP and hated it.	Everyone responds differently to CPAP. Some people love it; some not so much. Sleep SMART provides assistance and resources, not necessarily available in other settings, to help make CPAP a positive, relatively easy, and successful experience for each participant in the study. Your spouse's reaction to CPAP does not mean you will have the same difficulty.
COVID-19 related	
I would enroll were it not for the need to return for in-person outcome assessments	Although in-person outcome assessments allow us to get a fuller picture of your stroke recovery, most of the assessments can be completed over the phone. So your inability to return for in-person follow-up does not exclude you from enrollment.
Can I get COVID-19 from the CPAP device used in the hospital?	For the CPAP device that you'd try out for one night, we use brand new masks, humidifier basin, and tubing. So any CPAP components that come in contact with you are replaced between patients. If you are assigned into the CPAP group for 6 months, you are given a brand new CPAP device with all new components.
If I have the coronavirus, will my CPAP be helpful for my breathing? Or could CPAP cause the coronavirus to get worse?	If you have the coronavirus, you should continue using CPAP while sleeping alone in a separate bedroom. There is no evidence that using CPAP will cause the coronavirus to get worse.