

Sleep Healthy Using The Internet (SHUTi)

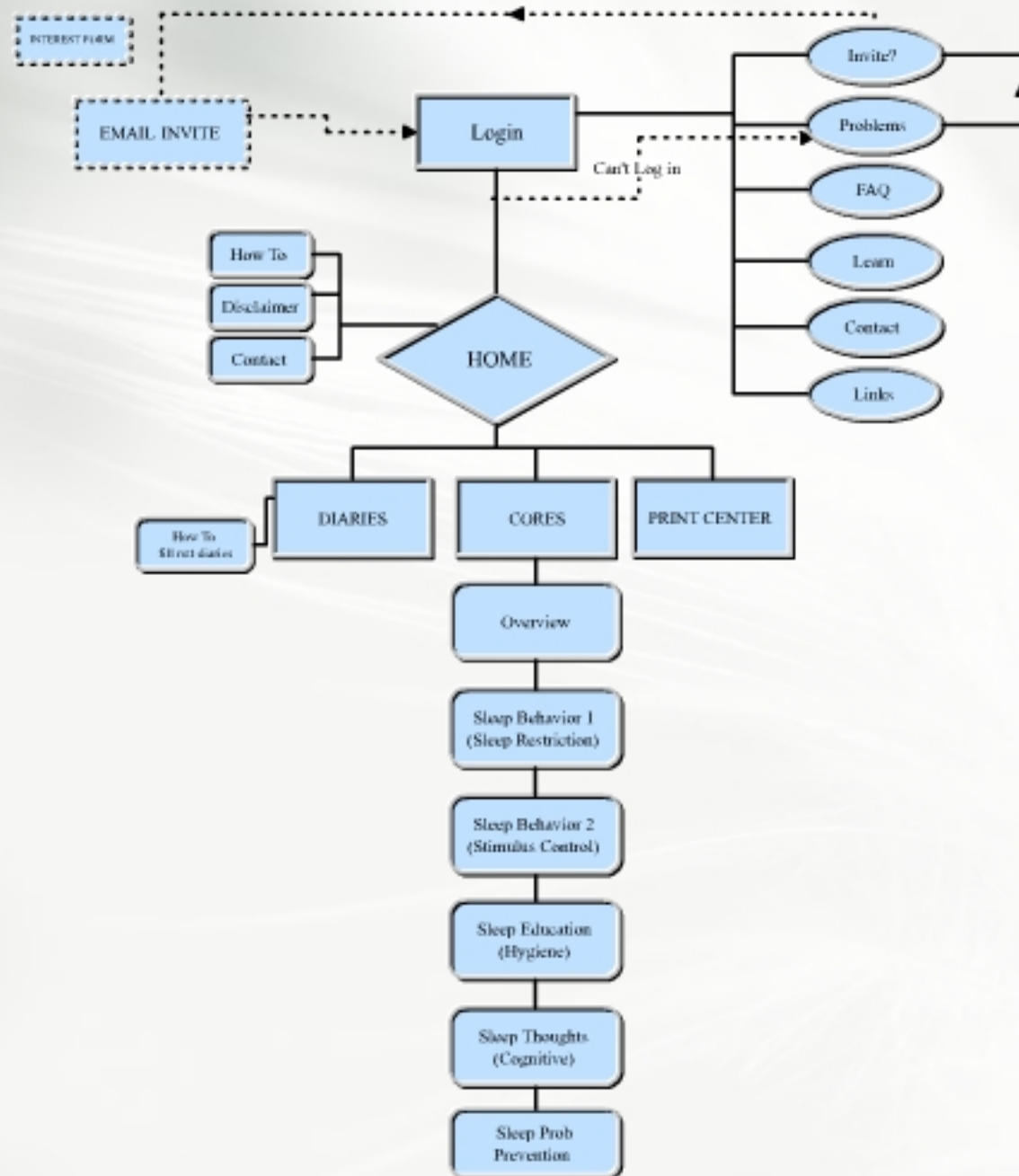
A demonstration of an Internet intervention for adult insomnia



SHUTi.net

Lee M. Ritterband, Ph.D.

University of Virginia Health System





SHUTi.net

*Sleep Healthy Using The Internet:  
A web program to help you sleep better.*

{ Username:

{ Password:

ENTER

[Need Invite?](#) [Problems](#) [FAQ](#) [Learn About Program](#) [Contact Us](#) [Links](#)



October 16 2007

SHUTi

You have been enrolled in SHUTi for 250 days.

You last logged in 5 days ago.

### INFORMATION CENTER

- HOME
- DIARIES
- PRINT CENTER
- CORES

#### ALERTS

**Messages:**

No message alerts.

**Diaries:**

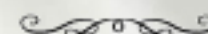
You have entered in all the necessary diaries for this study. Thank you!

**Cores:**

You may go back and review any Core at any time.



# SHUTi HOME



Congratulations! You have completed the necessary diaries for this study. You should already have spoken to one of the researchers from UVA and set up a time to come back in to the research center. If you have not, please email us at [study@SHUTi.net](mailto:study@SHUTi.net) or call (434) 243-2704. Thank you for being a part of this study. You may continue to use this program.

[HOW TO USE](#)

[CONTACT US](#)

[DISCLAIMER](#)

*Descriptives*

	<b>Total (n = 44)</b>	<b>Experimental (n = 22)</b>	<b>Control (n = 22)</b>
<b>Gender</b>	34/44 (77%) female	18/22 (82 %) female	16/22 (73 %) female
<b>Age</b>	44.86 (11.03)	44.68 (10.61)	45.05 (11.67)
<b>Comfort with Internet (1-5)</b>	3.92 (.75)	3.97 (.59)	3.86 (.89)
<b>Sleep Difficulties History</b>	127.09 (106.73) months	121.73 (99.12) months	132.45 (115.94) months
<b>Nights/Week Sleep Problems</b>	5.52 (1.43)	5.14 (.33)	5.91 (1.24)

*Insomnia Severity Index (ISI)*

	<b>Total (n = 44)</b>	<b>Experimental (n = 22)</b>	<b>Control (n = 22)</b>
<b>ISI Pre</b>	15.85 (3.74)	15.52 (4.49)	16.18 (2.87)
	<b>Total (n = 17)</b>	<b>Experimental (n = 9)</b>	<b>Control (n = 8)</b>
<b>ISI Pre</b>	15.21 (3.18)	14.28 (3.83)	16.25 (1.98)
<b>ISI Post</b>	12.29 (5.71)	8.33 (4.27)	16.75 (3.28)

$F(1,15) = 31.70, p < .001$

*Total score ranges from 0-28*

*0-7 = No clinically significant insomnia*

*8-14 = Subthreshold insomnia*

*15-21 = Clinical insomnia (moderate severity)*

*22-28 = Clinical insomnia (severe)*