WIN Neuroplasticity group

Stroke research update newsletter, Autumn 2022

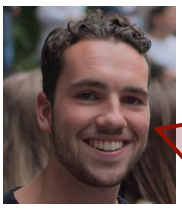
Email: **strokerecovery@ndcn.ox.ac.uk**

Welcome to the **first of our newsletters**, where we hope to keep you updated on our research to understand and improve recovery after stroke.

Meet our Team

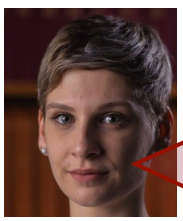
We are fortunate to have new people regularly joining us for both short and long-term projects, so our team does regularly have new faces. Here are some of the people currently working on projects:

Dr Melanie Fleming, Research Fellow. *"I'm interested in finding ways to improve sleep and movement."*



Mr Felix Giroux, Visiting PhD student from Canada. *"I am trying to improve accessibility to technologies for people with disabilities."*

Ms Barbara Robinson, Research Assistant. *"I have a keen interest in sleep, and am looking at the role it plays in rehabilitation after stroke!"*



Miss Camille Lasbareilles, DPhil Student. "*I am developing non-invasive brain stimulation techniques to improve hand function".*

Mr Loic Couture, Visiting student from Canada. *"I am interested in developing new devices that make computer use more accessible after a stroke."*

Spotlight on two of our studies

INSPIRES1

We aimed to test whether online cognitive behavioural therapy for insomnia was effective for improving sleep after stroke.

People reported **less difficulty with their sleep** after undergoing a 6-8 week programme called Sleepio, in comparison to people who received a sleep information booklet.

Interestingly, people also had less symptoms of depression after the Sleepio programme and there were slight improvements in confidence too.

Motion sensor

Our two visiting students from Montreal (Felix and Loic), together with Camille, explored the possibility of using a motion sensor to track hand movements on a computer.

This technology has the potential to be used instead of a computer mouse and may in the future **improve computer use for people with movement difficulties** after stroke.

This is what one of our participants said about the study: *"This motion sensor would have been very useful in rehab!"*