The team at Boston University (BU) Chobanian & Avedisian School of Medicine include sleep as a core assessment area in their research across therapeutic areas.

"The wealth of materials we have developed in this project effectively addresses a critical issue. Among these challenges is establishing a unified set of definitions to ensure uniformity in communication. The Core Digital Measures of Sleep we have organized not only establish this common ground but also possess the adaptability and flexibility needed in the field.

— Nina Shaafi Kabiri
Research Scientist, Boston University Chobanian & Avedisian School of Medicine

The opportunity

- Sleep is an important area of study for BU Chobanian & Avedisian School of Medicine. The team spends much time understanding the evidence for the technology they chose to include in their remote assessments of sleep.

- Finding the evidence for technology to inform their adoption decisions is laborious.

- Furthermore, the way that technologies define and estimate important sleep metrics can differ widely from one to another.

The impact

✔ Referencing the Core Digital Measures of Sleep, the BU team can be explicit with potential vendors about the definition of the constructs they are interested in with a shared language to ensure that they get the best technology for their purposes. Vendor conversations can be supplemented using the sleep-specific vendor selection materials, leading to better study planning and smoother overall study logistics.

✔ The Library of Digital Measurement Products will reduce the burden on BU researchers by providing them with the evidence they need for their technology assessments at their fingertips.

The resources

- The Core Digital Measures of Sleep introduces a shared vocabulary to the community and is supported by the Core Measures: Sleep Measurement System, which offers detailed specifications to look for in technologies they employ.

- The Library of Digital Measurement Products has been updated to hold the results of a landscape analysis of the sleep technology field. This database holds information such as form factor and links to further evidence.

- The resources include a sleep specific module to the vendor selection materials previously produced by DiMe. These materials ensure that the research team ask the right questions, to the right people and choose the right technology.