

The question chosen by the public for The People's Trial to tackle was:

Does reading a book in bed make a difference to sleep in comparison to not reading a book in bed?



**THE PEOPLE'S TRIAL**

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Who got what, was decided by chance (called randomisation), which meant that everyone had an equal chance of being in the intervention group or in the control group



People in the two groups were, on average, similar in their age and gender, in their understanding of randomised trials and whether or not they worked in health care.



<p>★ ★ Not everyone completed the trial</p>	<p>Overall, we found that reading a book in bed before going to sleep improved sleep</p>	<p>Not everyone's sleep improved ★ ★</p>
<p>127 (25.6%) people randomised to reading a book in bed and 90 (18.18%) people randomised to not reading a book in bed did not finish the trial.</p>	<p>42% (156 people) in the <i>reading a book in bed</i> group felt their sleep improved compared to 28% (112 people) in the <i>not reading a book in bed</i> group.</p>	<p>10% of people (37 people) in the <i>reading a book in bed</i> group and 16% (64 people) and in the <i>not reading a book in bed</i> group, felt that their sleep got worse (This is not at all unusual in trials).</p>

We wanted to check that this finding wasn't simply a result of other differences between the groups. Using something called a statistical model, we were able to check this wasn't the case.

This means that we can now make a reliable claim that in people similar to those who took part in this trial, reading before sleeping, in the manner done in this trial, has a positive effect on quality of sleep compared to not reading.

