



Are you a “healthy sleeper?”

Volunteer for a sleep research study!

The purpose of this study is to determine if stimulating the brain using very weak electrical currents, during a period of sleep, will help people feel more refreshed and alert when awake.

CRITERIA TO QUALIFY:

- ✓ Ages 18-39 and in good health
- ✓ Learned English as your first language
- ✓ No current or history of sleeping problems
- ✓ Test negative for alcohol, nicotine, and drugs and not take certain prescription medicines (birth control allowed)
- ✓ Active duty military and federal personnel must be on leave
- Total compensation possible: \$2,737

REQUIRES:

- **3-hour** screening visit
- **7 days (at home)** recording sleep/wake activity
- **2 overnights** in the lab
- **5 continuous days and 5 nights** in the lab
- Agreement to receive study stimulation or placebo

WHERE:

Walter Reed Army
Institute of Research
503 Robert Grant Avenue
Silver Spring, MD 20910

PRINCIPAL INVESTIGATOR: John D. Hughes, MD

FOR INFORMATION CALL:

(301) 319-9287



Email: usarmy.detrick.medcom-wrair.mbx.sleep-research-center@mail.mil

2262 — V12 08 MAR 2021 Flyer 3