

# Healthy Volunteers Needed for sleep research study!

**STUDY PURPOSE:** To determine the impact of different sleep strategies, including overnight sleep and daytime naps, on alertness, mood, and performance

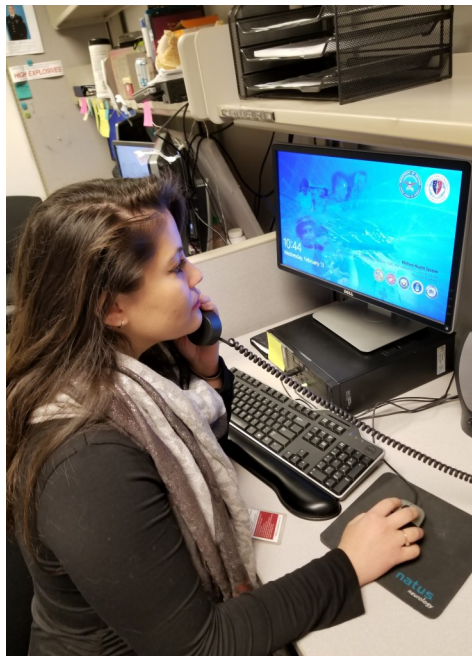
## BASIC CRITERIA TO QUALIFY:

- ✓ Ages 18-39, non-smoker, in good health
- ✓ Must have learned English by age 5
- ✓ No current or history of sleep issues
- ✓ Test negative for alcohol, nicotine, and illegal drugs (including marijuana), and not take certain prescription medications (birth control allowed)
- ✓ Active duty military and federal personnel must be on leave status

## REQUIREMENTS:

- 2-3 hour screening visit & 2-3 hour lab visit
- 14 days (at home) wearing an activity monitoring device
- 6 nights and 6 days continuously in the lab
  - 2 days for acclimation and baseline
  - 3 days in one of three sleep strategy groups
  - 1 night of recovery sleep

Compensation: you could receive up to \$2755.00



**Study Location:**  
WRAIR  
Sleep Research Center  
503 Robert Grant Ave  
Silver Spring, MD

**Principal Investigator:**  
Sara Alger, PhD



**WRAIR**

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