



ADULTS AGES 30-45 NEEDED FOR A RESEARCH STUDY!

To participate, you must be considered eligible based on the criteria below:

- Generally healthy adults ages 30-45 years old (women must be premenopausal)
- Must have a personal smart phone
- Not diagnosed with any diseases or conditions, specifically involving cardiovascular, kidney, metabolic, or immune systems
- Not participating in regular intermittent fasting
- Not engaging in night-shift work
- Not using sleep medication
- Not diagnosed with depression
- No history of high blood pressure
- Not currently pregnant, breastfeeding, or menopausal
- Not using any medications that alter blood vessel function
- Not currently using tobacco products

This study includes 3 visits to the STAR Complex at the University of Delaware, and will help us learn more about sleep, physical activity, diet, and heart health.



For more information, contact us at:

WitmanResearchLab@udel.edu
or (302) 831-6958

****Please reference the "Watch Study" when inquiring about participation!****

Or scan the QR code to fill out an interest survey!

