Seeking Black Women for Research Study: Evaluating the effects of Vitamin D on Sleep and Cardiovascular Health

**Inclusion Criteria:**
- Black women
- Generally healthy
- 18-30 years old
- Premenopausal
- BMI <30 kg/m²

**Exclusion Criteria:**
- Diagnosed with any chronic diseases or conditions
- Diagnosed with any sleep disorders
- Taking medication that may influence vascular function or sleep (i.e., melatonin)
- Currently working night-shift work
- Currently use tobacco
- Had COVID-19 in the past 60 days

**Study Purpose:** Evaluate the effect of vitamin D status on 24-hour blood pressure, blood vessel function, and sleep in young adult black women

**Study Location:** STAR Health Sciences Complex at the University of Delaware: 540 South College Ave. Newark, DE.

**Time Commitment and Study Procedures:** Visit 1 is consenting & screening ~1 hour, followed by a 2-week sleep monitoring period, a 24-hour blood pressure monitoring period, and an overnight urine collection. Visit 2 is a blood vessel testing visit ~2 hours.

You may also be eligible for Part 2 of the study – this is an 8-week vitamin D supplementation intervention that requires 2 additional visits to the lab and 2 additional monitoring periods.

**Compensation:** You may be compensated up to $170 for your time and effort.

Vitamin D Study: Michele at dagatami@udel.edu or 302-831-6958

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