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/m^2

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

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