Volunteers needed for research study: Sleep Mobile Application for Behavioral Changes

Emerging adults: change your sleep behaviors

A University of Delaware and Delaware State University Research Team is conducting a study to learn more about the benefits of a mobile application designed to promote sleep health.

Procedures:
- Wear a watch for 1 week to measure sleep (3 times)
- Four-week sleep intervention via a mobile-app-based chatbot
- Complete surveys & cholesterol/glucose screening (finger stick) (3 times)
- Share your thoughts of the intervention

The potential risks are minimal!

- Do you self-identify as Black/African American?
- Are you 18-25 years old?
- Do you have short (<7 hours) or poor sleep?
- Do you have any of the following concerns: high blood pressure, low HDL (good) cholesterol, high triglyceride, high blood sugar, or excessive abdominal fat?
- Do you have a smartphone (iPhone or Android)?

Scan QR code or contact us to participate!

Monetary compensation up to $185

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<th>Sanaz Taherzadeh</th>
<th>or call 443-570-9806</th>
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