We are interested in evaluating the reproducibility of 2 assessments of 24-hour blood pressure monitoring in healthy young adults.

Inclusion Criteria:
- Men and Women
- Generally healthy
- 18-30 years old
- BMI <30 kg/m²

Exclusion Criteria:
- Diagnosed with any chronic disease
- Currently take medication and/or supplements that may alter blood pressure or sleep
- Have been diagnosed with a sleep disorder
- Currently work night-shift work
- Currently use tobacco
- Have had a positive COVID-19 test within the past 60 days

Interested? Contact Alexs
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Participants will be compensated $20 for their time.