

# Volunteers Needed For a Research Study

Participate in a behavioral intervention of your morning routine at home



**Can be completed 100% at home!**

## Participation Requires:

- Use a non-invasive device at home for 60 minutes every morning for 4 weeks
- Fill out a study diary every day
- Wear a waterproof watch to monitor your activity and sleep
- 3 visits that can be completed remotely, that include questionnaires, cognition testing and sweat, saliva and blood samples

## Potential benefits:

This study may improve your sleep and quality of life, and may also help Veterans with sleep problems.

## You may qualify if:

- You are an adult with or without a history of head injury

## You may not qualify if:

- You have severe memory problems
- You have macular degeneration
- You have bipolar disorder
- You are a shift worker

## Compensation:

- It costs nothing to participate
- You will be paid up to \$180 for completing this study

**If interested please call: 503-468-6002  
or go to [www.portlandsleepstudy.com](http://www.portlandsleepstudy.com)**

This is a research study, not treatment. Your clinical care will not be affected if you enroll in this study



U.S. Department  
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Study title: Improving sleep, sleep related outcomes, and biomarkers in Veterans.  
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