

SLEEP HABITS AND MENTAL HEALTH IN YOUTH



**PARTICIPANTS AGED
12-19 INVITED:**

Researchers at Ulowa are conducting a study looking at sleep and mental health in adolescents and young adults. Participants will wear a watch that tracks light and movement and answer questions about their mental health on a smartphone app for 2 weeks.

Participants may be compensated up to \$100!



Exclusion criteria: history of major neurological disorders, intellectual and developmental disorders, or head injury resulting in prolonged loss of consciousness

Interested in participating in our study?

Contact us at:

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