

BETTER RECOVERY AFTER STROKE

Researchers at the University of Iowa are conducting a study to understand how sleep may help with functional recovery after stroke. We are looking for individuals who recently had a stroke. Compensation up to \$500.00 is available. This study includes four components and you can choose to opt out at any time.



1. Measuring brain waves with a sleep headband

We ask that you wear this headband during your initial hospital stay

2. Measuring sleep and wake rhythms with a wristwatch

We ask that you wear an actigraphy watch for a week. This watch gives us information about sleep and wake times and light exposure.

3. Activity Monitoring

This small activity monitor will be worn on the thigh continuously for a week. It gives us information about activity levels

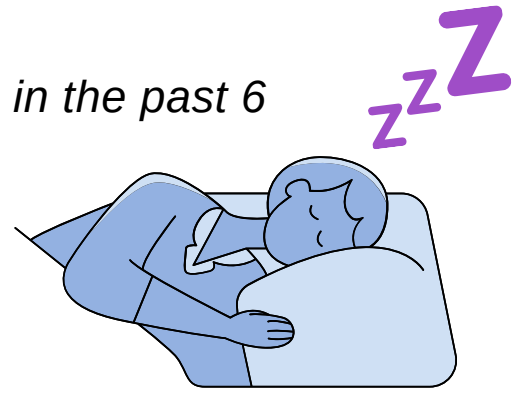


4. In-Lab sleep EEG

Our sleep lab has comfortable bedrooms. We ask that you wear a sleep cap that has sensors on it and allows us to measure sleep waves from different parts of the brain

Inclusion criteria:

- *People who have had a first ever stroke in the past 6 months*
- *Age 12-80*
- *Fluency in English*



Exclusion criteria:

- *Presence of other neurological disorder or substance use or dependence in the past 6 months*

Interested in participating in this study? Please fill out the form below

Name: _____

Phone Number: _____

Email: _____

For more information, contact us at:

✉ pbs-naplab@uiowa.edu

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