The Stanford Home Sleep Study is a remote, NIH-sponsored research project investigating the relationship between sleep and well-being.

Participation involves completing 2 health and well-being surveys, 2 virtual study info sessions, and a 2-week sleep tracking and text survey period—all from the comfort of your home.

Are You Eligible?
We are seeking participants with or without sleep-time teeth grinding.
You may be eligible if you are...
- Between the ages of 18 and 49

Benefits and Compensation
- Contribute to research that may improve sleep and quality of life
- Receive a personalized sleep report
- Earn up to $80 in the form of an Amazon gift card