



Stanford

Curious about your sleep? Join today!

HOME SLEEP STUDY



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

Interested?
Visit
**homesleep.
stanford.edu**



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