

Stanford | Home Sleep Center

Dear Prospective Study Participant,

Thank you for your interest in the Stanford Home Sleep Study! We are a research team at Stanford investigating the relationship between well-being and sleep. We're seeking participants with or without sleep-time teeth grinding for our NIH-sponsored study, which requires no in-person contact—you can participate from the comfort of your home.

Our study goal is to better understand the relationship between daytime experiences and sleep. If you participate in the study, the information you provide may help with the development of interventions that can improve sleep and quality of life.

Benefits include a personalized sleep report and up to \$80 in the form of an Amazon gift card. You'll also have the opportunity to wear advanced sleep-tracking technology and interact virtually with our study team.

Participation in the study involves completing two virtual study information sessions, two surveys about your general health and well-being, and a two-week sleep tracking and text survey period. If you participate, the sleep and activity-monitoring devices will be mailed to you free of charge and will undergo proper disinfecting procedures prior to distribution.

To be eligible, participants must be between the ages of 18 and 49, proficient in English, and reside in the United States.

We appreciate your interest and hope you'll consider joining us for the Stanford Home Sleep Study. To learn more or see if you're eligible, use the link below or scan the QR code with your phone camera.

Best regards,
Stanford Home Sleep Study Team



Interested? Visit homesleep.stanford.edu