

HEALTHY VOLUNTEERS NEEDED!



PURPOSE OF STUDY:

to determine how partial and total sleep deprivation predicts performance.

REQUIRES:

- **2.5-hour** screening visit and enrollment visit
- **2 weeks (at home)** wearing a wrist activity monitoring device and completing up to 6 reaction time tests (5 min each) a day on a smart phone
- **2 weeks** of overnight periods in the lab and daytime smart phone testing
- **7 continuous days/nights in the lab with** sleep restriction (5 hours sleep per night)
- **3 continuous nights/days in the lab with 62 hours** of sleep deprivation

Note: You must be ages 18-39, a non-smoker, and test negative for alcohol, nicotine, and illegal drugs. Men and women can participate, but women cannot be pregnant or breast-feeding. Active duty military and federal personnel must be off duty or on leave status during study activities. Compensation will be provided.

CALL 301-319-9287

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WRAIR

Walter Reed Army
Institute of Research
Soldier Health • World Health

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Study Location:
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