

# RESEARCH PARTICIPANTS WANTED

*Come support TTU research!*

## Benefits

- General health screening (blood pressure, fasting blood glucose)
- Monetary compensation for your participation in the study
  - \$200 for completion of entire study

## Purpose of Study

To examine the potential protective effect of stable sleep on blood vessel function following sleep loss.

## When and Where?

This study consists of five visits to the Kinesiology and Sport Management building at Texas Tech University. Visit #1 will be 1 hour in duration, and visits #2-5 will be 1.5 hours (total of 7 hours of your time).

## What Will I Do?

Participants will be asked to keep their normal sleep schedule for two weeks, to maintain a stable sleep schedule for two weeks, and to avoid sleep for two nights during the study. Measurements include fasting blood glucose, cognitive function, daily physical activity, nighttime blood pressure, vascular testing, and handgrip exercise.

## Who Can Participate?

Men and women between the ages of 25-64 years who

- are not obese;
- do not smoke or vape;
- do not have heart disease, diabetes or stroke,
- do not have sleep disorders (e.g., insomnia or sleep apnea);
- do not take medication for blood pressure or sleep.

**This study has been approved by the Protection of Human Subjects Committee at Texas Tech University**

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