RESEARCH PARTICIPANTS WANTED
Come support TTU research!

Benefits
- General health screening
  - Fasting blood glucose, fitness level, body composition
- Monetary compensation for your participation in the study
  - $50 for completion of entire study

Purpose of Study
Examine the influence of sleep variability on vascular function during exercise.

When and Where?
This study will consist of two visits to the Kinesiology and Sport Management building at Texas Tech. The first visit will be 1.5 hours in duration, and the second visit will be 2 hours.

What Will I Do?
Participants will be asked to rest then perform cycling exercise as blood pressure and oxygen consumption are measured. Other measurements include blood glucose, body composition, aerobic fitness level, sleep monitoring, daily physical activity tracking, and vascular testing.

Who Can Participate?
Men and women between the ages of 18-39 years who
- not pregnant;
- no history of disease or sleep disorders;
- are non-smokers or non-vapors;
- do not take medication for sleep;
- have a body mass index under 30 kg/m².

This study has been approved by the TTU Institutional Review Board

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