

# TEEN RESILIENCE LAB HEALTHY SLEEP STUDY

You're invited to participate in our latest research on how sleep influences well-being among adolescents!

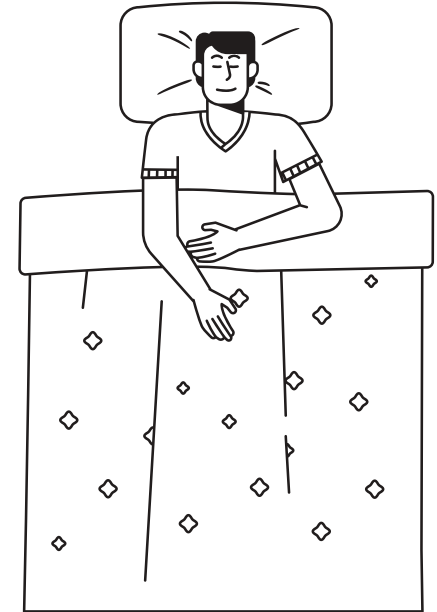
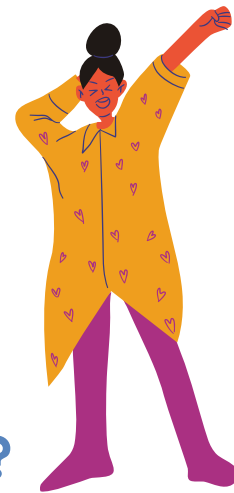
## WHO CAN PARTICIPATE?

### Adolescents:

- Ages 14-17
- Fluent in English
- Have no current medical conditions
- Sleep 5-7 hours on average during the week

## WHAT WILL YOU BE ASKED TO DO?

- Complete questionnaires
- 3-weeks of at-home sleep study
- Use cutting-edge technology like the Actiwatch
- Provide saliva samples
- Monetary compensation



## WHAT ARE THE BENEFITS AND RISKS?

- Completing questionnaires and providing saliva may involve minor discomfort



Please have your parents contact Dr. Kuhlman and the research team  
Email: [teenresilienceproject@gmail.com](mailto:teenresilienceproject@gmail.com) Phone: 323-552-9256