Sleep and Bone Study

18-25 year old MALE college students needed!

What will participants do during the study?

- Complete these 1 time surveys – basic demographics, health and sleep history and food intake
- Wear an ActiGraph device (similar to a fitbit) & keep a sleep diary for 7 consecutive days
- Complete a DEXA scan - measures the bone mineral density of your hips and lower spine (approx. 30 min)
- Go through 1 fasting, venous blood draw (approx. 20 min)

$20 CASH will be given to you if you complete the 7-10 day study.

DEXA scan image is yours to keep

Participation is voluntary

For more information contact:

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