Sleep and Bone Study

Men between the ages of 18-25 years are needed for an ASU research study!

- You must be an ASU student to participate.

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)
- Complete 1 fasting, venous blood draw (approx. 20 min)

- Receive $20 CASH if you complete the 7-10 day study.
- DEXA scan image is yours to keep
- Participation is voluntary

For more information contact:
Tara Mahmood
whisnerlabasu@gmail.com
(480) 666-7804