Sleep and Bone Study

Men and women 18-25 years old are needed for an ASU study!

➢ You must be an ASU student to participate.

What will participants do during the study?

➢ Complete these surveys:
  basic demographics, health history and food intake
➢ Wear an ActiGraph device
➢ Record sleep in a diary for 7 consecutive nights
➢ Complete a DEXA scan:
  measures bone mineral density of hips and lower spine
➢ Complete 1 fasting, venous blood draw
➢ 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