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

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Participation is voluntary