

PARTICIPANTS NEEDED FOR RESEARCH ON SLEEP IN UNIVERSITY STUDENTS!

Study Title: Investigating differences in sleep attitudes and sleep quality across university disciplines

Principal Investigator: Dr. Laura Middleton, University of Waterloo

Student investigator: Tara Kuhn, University of Waterloo

Collaborators: Dr. Jennifer Heisz and Sameena Karsan, McMaster University

We are looking for McMaster University undergraduate and graduate students interested in answering a few questions about their sleep!

Participants will be entered for a one in four chance to win a \$50 gift card to a vendor of your choosing!

To participate please fill out this 15-20-minute survey by going to this link

(https://uwaterloo.ca/1.qualtrics.com/jfe/form/SV_03ahBnPz7tWQa9w)

or scanning the QR code below



For any questions, please contact the study coordinator at:

tara.kuhn@uwaterloo.ca

This study has been reviewed by the University of Waterloo Ethics Committee and the McMaster Research Ethics Board.