Eligible If You Are:

- Between 35 and 75 years old
- Sleep between 6.5h to 9h per night
- Consume at least 2 meals per day
- Overweight or Obese (BMI > 25 kg/m²)

Study Entails:

- Sleep and Laboratory Screening Tests
- Home recording of sleep and food intake
- 2 sessions with a 48hr stay in the research lab
  - Includes: sleep recordings, blood pressure measurement, blood samples drawn over 24h, and questionnaires

CONTACT US AT:

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Scan QR code using the camera on your smartphone

Up to $1550 for completing the entire study