FOOD AND SLEEP RESEARCH STUDY

Help us find out how your body converts food into energy across the day

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
- Not Diabetic

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