

PARTICIPANTS NEEDED **FOR STUDY ON ACOUSTIC** **SOUNDS AND NAPS**

Researchers from Montana State's Sleep Research Laboratory are looking for adults (18-30 years old) to take part in a study assessing the impact of sound on quality of sleep during a nap.

Participants will receive (if qualified):

- Objective reports of sleep quality
- Compensation for study completion

Who do we need?

Eligibility requirements include:

- Age: 18-30 years old
- Non-smoker and not diabetic
- No diagnosis of obstructive sleep apnea or other sleep disorders
- No hearing impairments
- No history of major psychiatric disorder
- No serious medical conditions
- Not pregnant or breastfeeding
- No shift work

What is involved?

This research study will consist of a total of three laboratory visits including:

- Orientation/screening session
- Two sessions where you will have a 90-minute nap opportunity with and without the sleep sounds

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