## MILITARY COUPLES SLEEP STUDY

## HAVE YOU OR YOUR PARTNER SERVED IN IRAQ OR AFGHANISTAN?



## Couples may be eligible if you are:

- Between the ages of 18-45
- Married or living together
- Do not have sleep apnea or any other major medical problems
- At least one member has served in OEF/OIF/OND
- Both members are willing to participate in a research study

For more information call (412) 246-5783 or conradt@upmc.edu www.veteranssleep.pitt.edu

All calls and information are confidential and will not enter your military or medical records.

Couples will be compensated. No charge for parking.



## Military Couples Sleep Study

**Location:** 3811 O'Hara St., Pittsburgh, PA 15213. Parking is provided.

**Step 1:** You will meet with a study staff member and go over the study in detail, and

will begin to complete study-related interviews and questionnaires. You will go home with an in-home apnea screening device for you to use overnight which will assess for any sleep disorders. You will then individually visit our

offices to meet with a study clinician. Each of these visits will take

approximately 3 hours to complete.

Step 2: Over a 10-day period, we will ask you to wear a watch that will record your

activity level, as well as provide you with a Palm Pilot to record daily events.

On night 1 and night 2 study staff will arrive in your home to deliver and set

up sleep monitoring equipment. On night 2, we will also provide you with supplies to collect overnight urine samples. At a convenient time between

nights 3 and 10, you will wear a blood pressure monitor for 48 consecutive hours. The blood pressure monitors are portable devices which can be hidden

under clothing.

10-day

**Home** 

Study

**Step 3:** You will be asked to come back to our offices in the morning to provide a

fasting blood draw, and you will be asked to engage in 2 videotaped discussions with your partner. This visit will last approximately 3 hours.

Final Payment: Up To \$400

\*\*Study staff will work with you and your spouse to schedule all study procedures at a time that is convenient for the both of you; however, there are certain procedures that must occur at certain times and in a certain order.

\*\*All information collected throughout the research study will remain confidential. No part of your participation in our research study will enter your military or medical records.

If you are interested in participating and/or learning more,

Please contact Tyler Conrad at (412) 246–5783 or conradt@upmc.edu

