

# The Sleep-Vibe Research Study

## What?

Investigators at the University of Pittsburgh Department of Emergency Medicine want to examine the impact of long duration shifts and sleep loss on cardiovascular health and performance.

Participants will be asked to come to our lab 2 separate times with at least 1-week off between lavisits.

When at the lab, you will be asked to stay for 34 continuous hours. Your time in the lab will include a simulated 24-hour shift. You will nap for 30 minutes during the simulated 24-hour shift and sleep for 5 hours in the lab after the simulated shift.

Participants can receive up to \$1,500 in remuneration and receive several novelty items (see picture).

## Novelty Items



## Interested?

Email the project coordinator at [dij18@pitt.edu](mailto:dij18@pitt.edu) or the principal investigator at [pdp3@pitt.edu](mailto:pdp3@pitt.edu) to schedule your screening!

Participation is completely voluntary.

## Who Can Participate?

You may be eligible to participate if you are:

[1] a public safety worker such as an EMT, paramedic, firefighter, etc., or if you are a healthcare worker such as a nurse, physician, etc.)

[2] actively working shifts, night shifts, or a rotating shift schedule.

We are flexible with scheduling your 2 sessions.

We will pay for your food while participating.

If needed, we will valet parking and use a rideshare program to get you home after participation.

