

# Trouble Sleeping?



## Who Are We Looking For?

- desk-based workers
- aged 23-65
- who have problems sleeping
- living and working within Oxford
- iPhone (iOS 15 or later) users

Our aim is to gain an understanding of how a new environmental intervention can improve poor sleep.

## Location of the Study?

You would complete this study from the comfort of your own home/workplace, whilst going about your daily life.

On certain occasions you will be asked to visit the Dorothy Crowfoot Hodgkin Building at the University of Oxford.

## Assessments?

Over the course of this 6-week study, you will be asked to:

- wear a watch-like device
- wear a small sensor on your clothes
- on 2 occasions wear a small forehead sensor during sleep
- maintain daily diaries
- complete fortnightly questionnaires
- participate in an interview

## Next Steps?

If you wish to participate, please scan the QR code or follow this [link](#) to our screening survey.

If chosen for the study, you will be compensated with a £100 Amazon Voucher upon completion. There is no obligation to take part. Contact us at [iris.study@ndcn.ox.ac.uk](mailto:iris.study@ndcn.ox.ac.uk)

