

JOIN OUR STUDY!



EMORY

NELL HODGSON
WOODRUFF
SCHOOL OF
NURSING



MIND AT REST
RESEARCH LAB

Are you a care partner of a person experiencing forgetfulness, memory, or cognitive changes? Do both you and person experiencing forgetfulness, memory, or cognitive changes struggle with getting restful sleep?

WE'RE LOOKING FOR PARTICIPANTS LIKE YOU!

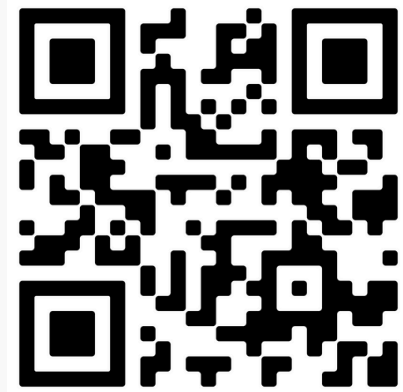
PURPOSE

We're conducting a study to determine if a 6-week behavioral intervention for sleep can help address your sleep issues.

WHAT YOU WILL DO

- Wear a wristwatch for up to 8 weeks
- Complete questionnaires and daily sleep diaries
- Participate in 10 study visits via videoconferencing

SCAN QR CODE TO CONTACT US



Or visit:
tinyurl.com/mindatrestlab

You are eligible to receive up to \$100 for your time and participation.

Contact Information: Glenna Brewster, PhD, RN, FNP-BC
Email: drbrewsterlab@emory.edu or Call: 404-712-9164

If you're interested in improving your sleep quality, we'd love for you to join us!

Contact Us

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