

# JOIN US TO LEARN BETTER SLEEP PRACTICES!

SCAN QR CODE TO APPLY

## ARE YOU ELIGIBLE?

- Must be 18 years or older

## PARTICIPANTS WILL RECEIVE:

- An **in-person** sleep health educational session
- A **gift card** for each survey completed (**Two short surveys**)



Or visit:  
[tinyurl.com/mindatrestlab](https://tinyurl.com/mindatrestlab)



If you want to find out more, speak to the Sleep Ambassador at your church or email or call the study team:

[drbrewsterlab@gmail.com](mailto:drbrewsterlab@gmail.com)  
(404) 712-9164

Principal Investigator: Dr. Glenna Brewster

**MIND AT REST**  
RESEARCH LAB

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