



## **Circadian Preference in Young Adults Study (CPYA)**

### **Are you eligible?**

- ✓ 18 to 26 years old
- ✓ Willing to give written informed consent
- ✓ No known hypertension, prescription of cardiovascular medication or diagnosed chronic cardiovascular disease
- ✓ No known autoimmune disease such as rheumatoid arthritis, celiac, multiple sclerosis, diabetes, HIV/AIDS, lupus
- ✓ No acute medical or central nervous system conditions
- ✓ No known sleep disorder (including Obstructive Sleep Apnea, Restless Legs Syndrome, or insomnia)
- ✓ No current use of medications that affect sleep
- ✓ Consume less than 21 alcoholic drinks per week
- ✓ Consume less than 4 caffeinated drinks per day

### **\*\*Research Credit through the Introductory Psychology Subject Pool\*\***

Estimated Time: 30 minutes

### **Contact us to complete the survey!**

Email: [capstonesleeplab@ua.edu](mailto:capstonesleeplab@ua.edu) or [capstonesleeplab@gmail.com](mailto:capstonesleeplab@gmail.com)

Phone: 205-409-2273

