



# Sleep, Inflammation, & Mental Health in Nurses

## The **Insomnia and Sleep Health Research Lab**

is conducting a study to investigate how daily measures of sleep are associated with mental and physical health and job stress in shift working nurses.

Participants will be compensated for study activities\*

\*All activities will take place outside of working hours/not on-site on any Banner campus

Interested in participating?



Scan this QR code or go to:

[insomnia.arizona.edu](http://insomnia.arizona.edu)

## WHAT DOES THE STUDY INVOLVE?

Our study aims to investigate how **daily measures of sleep** are associated with mental and physical health and job stress in shiftworking nurses.

### Study activities include:

- Online questionnaires
- Daily online sleep diary
- Wearing a thin adhesive sweat patch
- Wearing a sleep and activity tracker on your wrist (similar to a Fitbit or Smart Watch)
- Completing cognitive tasks on a smartphone 2x a day (10 min total)
- Two blood draws (at CaTS on UA campus, parking available)

### Time commitment includes:

- 25-40 minutes per day for 2 weeks
- 2 hours total for blood draw appointments
- Returning samples and equipment once activities are completed

An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.

For more information, go to our website at [insomnia.arizona.edu](http://insomnia.arizona.edu) or contact us at [smnagy@arizona.edu](mailto:smnagy@arizona.edu).