Our study aims to investigate how daily measures of sleep are associated with mental and physical health and job stress in shift working 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

For more information, go to our website at insomnia.arizona.edu or contact us at smnagy@arizona.edu.