Want to Sleep Better?

Have a sleep issue?

Do you...
- Fall asleep in class?
- Remain awake at night when you want to sleep?
- Need an alarm to wake up in the morning?
- Struggle to find the energy for sports or other activities?
- Notice dark circles under your eyes?

If so, you may benefit from this study!

Who can join?

Teens who go to sleep late at least 3 weeknights per week.
10-13 year olds who go to sleep later than 10:40pm,
14-16 year olds who go to sleep later than 11:00pm, or
17-18 year olds who go to sleep later than 11:20pm

Are you...

10–18 years old and...
- Can’t get to sleep?
- Having difficulty waking up or getting out of bed in the morning?
- Feeling sleepy during the day?

This study could help!

How can I join?

Call or email us to schedule an interview:
(510) 643-3797
TeenSleepUCB@gmail.com

You will need permission from a parent or guardian to join the study. You do not have to be in the study if you don’t want to, and you may stop at any time.

NO COST  NO MEDICATION
Check us out on Facebook/Teen Sleep Improvement Study

Why is sleep important?

Many teens have problems getting to sleep. This can have negative effects on your life. Being tired or sleepy can lower your grades or impact your performance in sports or other activities. It can also affect relationships with friends and family. Poor sleep can even cause problems with your health, appearance, mood, or behavior.

What happens if I join?

First, you and your parent or guardian will be interviewed to determine if you are a good fit for the study. If you are eligible, you will spend the night in our clinic at UC Berkeley. You will have a private room. There are NO WIRES and we will not videotape any part of your overnight stay. We provide snacks and fun! Following that, you will receive six treatment sessions with a highly trained sleep coach. We’ll also ask you to keep a sleep diary and wear a special watch that tracks when you’re awake and asleep. As a thank-you for your time, you and your parent will receive gift cards and/or cash at your interviews.

To join the study you need to:

★ Be 10-18 years old
★ Be living with a parent or guardian
★ Have difficulty falling asleep.

Golden Bear Sleep and Mood Research Clinic