

Call For Participants



Do self-perceptions influence sleep quality?

9 day(s) to complete

Upon completion of the study you will be entered into a draw for a £25 Amazon voucher

Online Questionnaire

Online

University of Sheffield

This is a study on perceptions and sleep quality. Participating involves answering a few questions every night for 1 week, bookended by a baseline and a follow-up survey, in order to investigate how different perceptions might influence your sleep quality.

Find out more online

Poster printed on 29/04/2024 Study expires on 18/02/2018

More info

by scanning the QR code
or visiting the URL

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