

Call For Participants



How can we measure sleep health?

25 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

Northumbria University

Sleep health is a relatively new concept, however there is a lack of understanding of how it can be measured. This study aims to explore i) how well a new measure can assess the concept, and ii) relationships with other factors (e.g. health, stress,) The survey will initially ask for some demographic information and will then go on to a number of questionnaires concerning sleep quality, sleep problems, daytime sleepiness, your general physical health, periods of stress and your dreams.

Find out more online

Poster printed on 05/05/2024 Study expires on 30/08/2018

More info

by scanning the QR code
or visiting the URL

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