

Call For Participants



The impact of mild nocturnal cognitive activity on sleep and mood

4 week(s) to complete

£50 Cash (paid via BACs)

Experiment

Newcastle upon Tyne NE1 8PA,
UK

Northumbria University

The aim of this study is to further understand the impact of nocturnal awakenings on perceptions of sleep and mood. We know that the number of nocturnal awakenings does impact on how we feel about our sleep but we do not know whether the timing of these awakenings is important. As such we aim to create very brief nocturnal awakenings and see whether the timing of these awakenings influences your sleep and mood.

Find out more online

Poster printed on 29/04/2024 Study expires on 29/06/2018

More info

by scanning the QR code
or visiting the URL

www.cfp.cc /CSH8Q3

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