

Call For Participants



The REST Study

25 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

University College Cork

The REST Study (Researching Experiences of Sleep and Technology) is examining factors that effect sleep in an adult population.

We are looking for participants from all over the world to complete the study.

The study is being conducted by researchers in the School of Applied Psychology at University College Cork, Ireland

Find out more online

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More info

by scanning the QR code
or visiting the URL

www.cfp.cc/DNWGR3

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