

Call For Participants



Sleep quality, physical activity,
and quality of life within the
UK

15 min(s) to complete

Prize draw

Online Questionnaire

Online

York Saint John University

The aims of this investigation are to determine if sleep quality, physical activity, and quality of life change over a period of 6 months and to compare this to those who take part in specific sports/activities. In conducting this investigation, we are attempting to better understand what aspects may impact your perceived quality of life. You will be asked to complete a survey online on three occasions, in April, June and September.

Find out more online

Poster printed on 16/05/2024 Study expires on 30/04/2024

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/GAVXE3

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