

# Call For Participants



## Online study to improve Sleep and Wellbeing

10 day(s) to complete

Sincere Gratitude

Experiment

Online

University of Westminster

This is a great opportunity for you to take part in an online study that has the potential to improve your sleep quality, duration and well being!

To qualify for the study you will firstly have to complete a short questionnaire comprised of four questions which will screen for individuals who are experiencing poor sleep quality.

If you qualify you will be required to complete a daily mindfulness exercise or

Find out more online

Poster printed on 01/05/2024

Study expires on 26/06/2017

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/H5QNW3](http://www.cfp.cc/H5QNW3)

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