

Call For Participants



Sleep duration and sleep hygiene beliefs and practice of adults in England

10 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

Imperial College London

The purpose of this study is to find out about sleep hygiene beliefs and sleep hygiene practice of adults living in England. Sleep hygiene is widely defined as behaviours and environmental factors (such as bedroom temperature and light) that encourage good quality sleep.

There is a wide-range of information available on sleep duration, quality and behaviours. However, it is not clear how much the public understand and practice good sleep hygiene.

Find out more online

Poster printed on 03/05/2024 Study expires on 26/05/2019

More info

by scanning the QR code
or visiting the URL

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