Guided Breathing Sleep Study

A research study for those struggling to fall asleep due to interfering thoughts.

Eligibility:
- Difficulty falling asleep due to thoughts interfering with sleep
- Men and women
- Aged 21-65

Good sleep is important for good health.

This research study will test a guided breathing experience to see if it can help people relax and fall asleep more easily.

Study participants will receive up to $300

For more information, please contact study coordinators at CLGBsleepstudy@ucdenver.edu

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