



PARTICIPANTS WANTED!!!

How's your sleep recently? We want to know more about sleep patterns among college students.



What Will You Do?

Fill out a quick pre-survey & complete a nightly survey (10 minutes) for 14 days.



Why Participate?

Your participation in this survey will help us gain valuable insights! As a thank you, you'll get a raffle ticket for each completed survey, with a chance to win a gift card (up to \$250)!



If you have any questions, contact Dr. Nidia Ruedas-Gracia at nrgracia@illinois.edu. If you are interested, please scan the QR code or click the link below:

https://illinois.qualtrics.com/jfe/form/SV_9NeFVbAuhnA4MC2

