

DO YOU HAVE TROUBLE GETTING A GOOD NIGHT'S SLEEP?

Now recruiting mothers who experience **difficulty falling asleep, staying asleep, or wake up feeling tired**. Help us study what gets in the way of mothers' sleep to help improve sleep for women like you!

YOU MAY BE ELIGIBLE FOR OUR STUDY IF YOU ARE:

- AGE 18 OR OLDER
- LATINA AND FEMALE
- SPEAK ENGLISH OR SPANISH
- HAVE CHILDREN OF ANY AGE

IF YOU DECIDE TO BE A PART OF THIS STUDY YOU WILL:

- Participate in 2 interview sessions lasting 60-90 minutes
- Receive up to \$80 for your participation
- Receive a sleep tips pamphlet



INTERESTED IN PARTICIPATING?

VISIT:

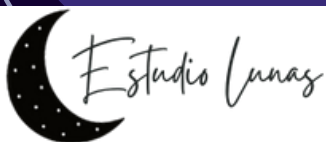
<https://tinyurl.com/estudiolunas>
OR SCAN THE QR CODE



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