

INTERESTED IN LEARNING MORE ABOUT PARENTING AND WOMEN'S SLEEP?

Now recruiting Latina mothers to help us study how **parental stress** and **social support** effect sleep.

YOU MAY ELIGIBLE FOR OUR STUDY IF YOU:

- Are 18 years old or older
- Identify as Hispanic/Latina
- Speak English, Spanish, or both
- Are a mother of one or more children of any age



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

- Complete a brief initial survey online
- Complete at-home, brief daily surveys for 14 days
- Receive up to \$50 for your participation
- Receive a summary of your sleep quality at the end of the study

WANT TO PARTICIPATE?

Scan the QR code or visit:
https://universityofalabama.az1.qualtrics.com/jfe/form/SV_6PeFS5hioJ4p3me



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MOTHERHOOD AND SLEEP (MAS) STUDY

THE UNIVERSITY OF
ALABAMA

School of
Social Work

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