

ARE YOU 60 OR OLDER?

# DO YOU HAVE TROUBLE FALLING ASLEEP

OR STAYING ASLEEP?  
OR ARE YOU A GOOD SLEEPER?



The University of Pittsburgh is conducting a research study of people who have trouble sleeping as well as healthy adults who sleep well to learn more about insomnia and how it is affected by a nonmedication treatment.

To be eligible, you must be 60 or older and:

- have difficulty falling or staying asleep or feel poorly rested after sleeping
- or be a good sleeper at night and not feel sleepy during the daytime

By sharing your time and participating, you may be able to help researchers find out more about improving sleep and quality of life in later years.

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*Participants will be  
compensated for their time.*

For more information, please  
call toll free, **1-866-647-8283**  
or e-mail **AgeWise@upmc.edu**.



University of Pittsburgh