

# Are you a healthy teenager between the ages of 13 and 15?

University of Pittsburgh researchers are conducting a research study to develop and test a program to improve sleep among teenagers.

## What does the program involve?

- Watching a two-minute video about teenage sleep
- Completing a sleep log on your smartphone
- Meeting with a clinician to discuss your sleep

## What else would I be asked to do?

- Complete questionnaires
- Wear a wristwatch device to measure your movement
- Complete computer tasks

## TAPAS Study

Call: 412-992-7246

E-mail: [tapas@upmc.edu](mailto:tapas@upmc.edu)

Compensation will be provided.



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