



CALLING NUS STAFF!

Want to know more about your sleep, wellbeing & cardiovascular health?

You're invited to join us in our 12-month research study on **how sleep & physical activity** relate to your **wellbeing, work stress, and productivity!**

Participation involves:

- Wearing a **sleep & activity tracker ring** daily
- Completing questionnaires & allowing **passive** evaluation of smartphone usage
- Tracking time stamps of work communications
- Undergoing health tests

Be reimbursed up to \$182!
 +
 Free body composition, blood pressure & arterial stiffness tests
 +
 Sleep & activity insights through the Oura app



Eligibility criteria

- NUS full-time staff
- Between 21-70 years old
- No shift workers
- No pregnant/nursing mothers
- No diagnosed sleep/psychological / neurological disorders



Receive a **free Oura Ring** when you complete at least 80% of the study measures

Scan to sign up/find out more!



Connect with us on social media for updates, sleep & related content and more surprises!



[@sleepandcognitionlab](https://www.instagram.com/sleepandcognitionlab)



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[www.nus1000study.com /blog](http://www.nus1000study.com/blog)

