The Effects of Sleep Duration Variability on Cognitive Functions

What is the Purpose of this Study?

To determine how one’s brain activity and behaviour change after sleeping on a variable sleep schedule over a week, alternating between short (6 hours) and long (9 hours) sleep duration.

To understand how sleep affects human cognition and performance.

WHO CAN JOIN?

1. College students aged 18-25 years old
2. Habitual sleep duration >7 hours/night
3. Usually go to bed before 2 am
4. No chronic medical conditions
5. Not currently taking shift work

WHAT WILL YOU GET:

HKD $1,000 and a sleep report upon completion of this study!

*Only eligible participants will be further contacted by the research team. Data collected at the time of registration for this study will be used for screening purpose and will be discarded after the completion of the study.

Sign-up Link:
https://goo.gl/forms/t6S6f50dfgXiaqtx1

Contact phone no.: 5523 8040 (Ms. Lee)
Email: shirleysleephku@gmail.com
http://www.psychology.hku.hk/sleep/home.html

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