

# MILITARY COUPLES SLEEP STUDY



**RESEARCH STUDY  
FOR  
OEF/OIF/OND  
VETERANS  
AND  
THEIR PARTNERS**

**FOR MORE INFORMATION:**

**(412) 383-2131**

**couples@upmc.edu**

**www.veteranssleep.pitt.edu**

**Text: *Couples* to (412) 999-2758**

**Childcare Reimbursed as needed**

**Parking Provided**



**University of Pittsburgh**



# MILITARY COUPLES SLEEP STUDY

**Step 1:**

You will meet with a study staff member and go over the study in detail, and will begin to complete study-related interviews and questionnaires. You will go home with an in-home apnea screening device for you to use overnight which will assess for any sleep disorders. You will then individually visit our offices to meet with a study clinician. Each of these visits will take approximately 3 hours to complete.

**Step 2:**

**10-day**

**Home  
Study**

Over a 10-day period, we will ask you to wear a watch that will record your activity level, as well as provide you with a Palm Pilot to record daily events. On night 1 and night 2 study staff will arrive in your home to deliver and set up sleep monitoring equipment. On night 2, we will also provide you with supplies to collect overnight urine samples. At a convenient time between nights 3 and 10, you will wear a blood pressure monitor for 48 consecutive hours. The blood pressure monitors are portable devices which can be hidden under clothing.

**Step 3:**

You will be asked to come back to our offices in the morning to provide a fasting blood draw, and you will be asked to engage in 2 videotaped discussions with your partner. This visit will last approximately 3 hours.

**Final Payment: Up To \$400**

\*\*Study staff will work with you and your spouse to schedule all study procedures at a time that is convenient for the both of you; however, there are certain procedures that must occur at certain times and in a certain order.

\*\*All information collected throughout the research study will remain confidential. No part of your participation in our research study will enter your military or medical records.

**If you are interested in participating and/or learning more contact us at:**

**Phone: (412) 383-2131**

**Email: [Couples@upmc.edu](mailto:Couples@upmc.edu)**

**Text: *COUPLES* to (412) 999-2758**

**Website: [www.veteranssleep.pitt.edu](http://www.veteranssleep.pitt.edu)**

University of Pittsburgh

