UNIVERSITY OF NOTRE DAME | SLEEP AND HEALTH RESEARCH LAB

CAN'T SLEEP?

ENROLL IN THE RESET-BP STUDY!

We are trying to better understand how Cognitive Behavioral Therapy for Insomnia (CBT-I) improves cardiovascular functioning. This study specifically focuses on the role of cortisol, a hormone related to sleep and stress.

Participants Receive:

- Up to **$370** in compensation
- Behavioral sleep therapy
- Chance to win 4 $100 gift cards

What will you be asked to do?

- Attend 4 sessions of CBT-I and 4 in-lab visits.
- Complete online surveys and blood pressure measurements.
- Track your sleep.
- Provide saliva and hair samples to measure cortisol.

WHO CAN PARTICIPATE?

- 18 years or older
- Have **high blood pressure**.
- Have **trouble falling or staying asleep**.

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