



Are you a Black or an African American Adult? Share Your Sleep Experience With Us!

Researchers at the University of Kentucky invite you to join a research study exploring how sleep and neighborhood conditions might impact memory and thinking among Black or African American adults. Using an at-home sleep-monitoring device, we hope to learn how these factors affect brain health and to lower the risk of memory loss, especially among those living in under-resourced communities.

You may be eligible to participate if you:

- are 40 years of age or older
- live in Lexington or Louisville
- have 2 hours available to complete a questionnaire and physical activity test
- can commit to using a home-sleep monitoring device for 4-days

Participants will receive up to \$210 for their participation and up to \$20 for transportation to the study site on each trip.

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and scan the QR square