Sleep, Mood, & Reward in Teens (SMART SLEEP) Study.

- The purpose of this research study is to see how timing and duration of sleep affects teens’ thinking and mood.
- This study is conducted by researchers at the University of Pittsburgh School of Medicine.
- The study consists of completing of a brief survey via telephone interview or via this website. Some participants will be invited to participate in further study activities (tracking sleep at home; overnight visits to the Sleep and Behavioral Neuroscience Center) based on the survey results.
- Participants must be 12 to 17 years old.
- Information provided by participants will be kept confidential (private), and will not be shared with parents or others outside of the study.
- Participation is voluntary.
- Participants will be compensated.

Questions?

Please go to our website (www.smartsleepteen.org)
Or contact Wambui at ngariw@upmc.edu or 412-246-6965