

# UNIVERSITY of GUELPH

## **PARTICIPANTS NEEDED**

Are you interested in how Sleep Deprivation impacts YOUR Neuro-cardiovascular system? We need YOUR help for a research study!

**WHO:** Individuals of any sex, 18-50 years of age, with a normal sleep schedule of 5 hours or more per night

**WHAT:** Researchers in the Department of Human Health and Nutritional Sciences are investigating how sleep deprivation affects sympathetic neurovascular transduction and sympathetic transduction of blood pressure

**TIME COMMITMENT:** 2 visits (total time: ~ 4 hours)

- Two testing visits (~150 min each) that involves microneurography and ultrasound of the leg
  - o After Normal sleep (habitual sleep-wake schedule)
  - o After Sleep deprivation (sleep duration restricted by ~60% due to early wake up time)

## **BENEFITS:**

This research benefits the discipline of human integrative neuro-cardiovascular physiology by furthering our understanding of sympathetic transduction for both sexes.

**INCENTIVE:** Monetary – \$20 for each visit

This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants (REB#1533).

If you are interested, please contact Ashly Sharma ([asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)) OR the principal investigator, Dr. Philip Millar ([pmillar@uoguelph.ca](mailto:pmillar@uoguelph.ca))

Email Ashly Sharma

[asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)

Email Ashly Sharma

[asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)

Email Ashly Sharma

[asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)

Email Ashly Sharma

[asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)

Email Ashly Sharma

[asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)

Email Ashly Sharma

[asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)

Email Ashly Sharma

[asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)

Email Ashly Sharma

[asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)

Email Ashly Sharma

[asharm40@uoguelph.ca](mailto:asharm40@uoguelph.ca)