

Long-term monitoring of rest-activity cycles and mood  
Ethics Approval Reference: R75745/RE002

### **VOLUNTEERS NEEDED FOR THE OXFORD SLEEP-WAKE STUDY!**

The purpose of this research is to gain an understanding of how activity and sleep relate to mood in a sample of individuals over a four-week period. We are looking for healthy volunteers, aged **25-45**, to complete a 4-week study from the comfort of their own home/workplace. To be eligible for this study you must be:

1. an **“office worker”** (you work sitting at a desk, indoors, for your working day)
2. **living** within the **Oxford Ring Road**, full-time (Monday-Sunday), in **August/September 2021**
3. **working** within the **Oxford Ring Road**, full-time (“9-5”, Monday-Friday), in **August/September 2021**
4. a **smartphone user** with a consistent internet connection indoors and outdoors
5. able to read and understand English

You would complete the study whilst going about your daily life. You would wear a watch-like device for 4 weeks and you would complete three 1-min daily surveys. At the start, middle, and end of the 4 weeks, there will also be 3 additional short surveys to complete. **If you wish to participate, please follow this link which will take you to our screening survey: <http://oxfordsleepstudy.org/>.**

If you complete the screening survey, you will be entered into a lottery for a **£50 Amazon Gift Card!**

If chosen for data collection, you will also be compensated for your time.

If you are interested and would like more information, please contact the study team at the [sleepstudy@psy.ox.ac.uk](mailto:sleepstudy@psy.ox.ac.uk). There is no obligation to take part.