

# TROUBLE SLEEPING?

You may be eligible for a study looking at the efficacy of a sleep health enhancement intervention in reducing frailty in older adults.

## Eligibility:

- 65 years or older
- Experiencing difficulty sleeping
- Able to complete 3 visits to the KUMC research lab

## Potential Benefits:

- Improved sleep, function, and quality of life
- Payment of \$150 upon completion of the study

## For more information contact:

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**SHuT EyE  
Study**