Ryerson University

Announcing a Research Study about Concussion & Insomnia

Research is always voluntary!

Would the study be a good fit for me?

This study might be a good fit for you if:

- You had a concussion within the past 2 years
- You have difficulty sleeping
- You feel tired, irritable, or have difficulties concentrating during the day.

What would happen if I took part in the study?

If you decide to take part in the study, you would:

- Have three appointments at the Sleep & Alertness Clinic (790 Bay Street, Toronto)
- Monitor your sleep at home for two weeks

People who take part will get $50 for each completed visit to thank them for their time.

There may be possible benefits if you take part in the study:

- You can learn about your sleep
- You can receive a full sleep assessment package for free

To take part in the study or for more information, please call Candice at 647-479-2156 at the Sleep and Alertness Clinic.

This research study has been reviewed and approved by the Ryerson University Research Ethics Board

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