

Sleep in People Recovering from Alcohol Use Disorder (AUD)

The purpose of this study is to gather information about the sleep habits and characteristics of people in recovery from Alcohol Use Disorder. This study is conducted by Dr. Rui Zhang, Ph.D.

**Be paid up to
\$347**

Eligibility Requirements:

- Between the ages of 18 and 60 years old
- ≥ 12 months of lifetime alcohol usage
- Not pregnant or breastfeeding
- Recently in recovery from AUD



Study Details:

- For three weeks, you will wear devices to track your sleep, physical activity, and light exposure along with answering daily surveys on your phone.
- Attend 1 in-person visit for clinical interviews, and 2 brief visits for device exchange/returns.

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