



Do you have...

# High blood pressure? Trouble sleeping?

Join our research trial to get free access to our sleep improvement program, and earn up to \$100

We're conducting a research trial to find out if a new online sleep improvement program can help reduce high blood pressure.

## Are you eligible?

- Raised blood pressure
- Poor sleep
- Not a shift worker
- Access to the internet
- Able to attend 3 appointments at Emory University

To find out more, please contact:  
[sleepbptrial@emory.edu](mailto:sleepbptrial@emory.edu)

