



REST FOR STRESS STUDY

Do you wish you took more time
for yourself to rest?

Help us understand the effects of daily rest on stress in women.

To participate you must be a woman of reproductive age (18 years or older).

Participation Involves:

- Performing a daily guided restful exercise for two months.
Recorded exercises are provided so you may rest in the privacy and comfort of your own home.
- Keeping a daily diary of your feelings (takes less than a minute to complete) for two months.
- Two 90-minute visits to the Lustyk Women's Health Lab on the SPU campus to have your stress response assessed while you perform a mental challenge similar to a game.

Participants who complete the entire study will earn **\$120**
dollars in merchant gift cards!

CALL (206) 281-2541 TO SEE IF THE STUDY IS A GOOD FIT FOR YOU!

An expression of interest is in no way a commitment to participate, and confidentiality is assured.



IRB # 101102030

Expiration: 02/24/2012

Lustyk Women's Health Lab : 206-281-2541