PARTICIPATE IN A RESEARCH STUDY EXAMINING THE EFFECTS OF DISTURBED AND DEPRIVED SLEEP ON PERFORMANCE.

Researchers in the Department of Emergency Medicine, Emergency Responder Human Performance Lab are recruiting subjects for a study examining disturbed and deprived sleep on performance during and after exercise in a hot environment while wearing firefighting protective garments. You will be asked to come to our laboratory in Oakland (3600 Forbes Ave).

- Visit 1: physical exam by a physician and will be asked to provide a blood and urine sample for a drug screen. You will perform a stress test on the treadmill that will be evaluated by a cardiologist (about 1.5 hour).
- Visit 2 & 3: (baseline testing) you will visit our laboratory on consecutive days where we will monitor your skin blood flow while you sit in a chair.
- Visit 4, 5, & 6: You will then be asked to visit the Neuroscience-Clinical and Translational Center for three overnight visits, where you will be randomized to a series of three different sleep situations: disturbed sleep, total sleep deprivation, and full-night sleep. The next morning after each overnight stay, you will be taken to our laboratory in Oakland and complete an exercise protocol on a treadmill, perform cognitive tests and participate in a public speaking exercise. You will be escorted home if you live in Oakland or be sent home in a cab paid for by the study.

- You must be male in good health between the ages of 18 and 39 and perform some form of aerobic activity 3 or more times per week
- You cannot on average drink more than 2 (8ounces) cups of coffee/caffeine per day
- No tobacco use
- No more than 2 alcoholic drinks/day on average
- You cannot take medicine for heart disease or any medications that would impact sleep.
- You will be paid $750 if you complete all of these visits.
- You will receive a no-cost health examination and stress test.

This study is being conducted by Dr. Dave Hostler. For more information, he and the other investigators can be reached at 412-647-5856.