



## Want to learn more about your sleep and brain?

**We are recruiting for a research study investigating sleep and how it might be related to your brain and behavior.**

### **Who is eligible to participate?**

We are interested in assessing young adults with a history of prenatal alcohol exposure, as well as typically developing young adults age 18 to 35 years old.

### **What does participation involve?**

You will wear an OURA ring (a ring that measures activity/sleep) to monitor your sleep at home for two weeks. You will also complete questionnaires and an online behavioral testing at home.

### **Compensation:**

You will receive a small financial incentive for participating.

### **For more information:**

If you are interested in participating or would like more information about this study, please contact Principal Investigator Jackie Soja

[psych.sleep@sdsu.edu](mailto:psych.sleep@sdsu.edu) or [jsoja5130@sdsu.edu](mailto:jsoja5130@sdsu.edu).