

We are looking for participants to take part in our new sleep study

The study investigates how the familiarity of an environment and situation affects sleep and its quality. The study covers four nights. During all four evenings, you will visit the sleep laboratory of the Department of Cognitive Biopsychology and Methods at the University of Freiburg. In order to be able to measure and analyze sleep objectively, electrodes will be attached to your head and face. Two of the four nights will be spent in the sleep laboratory. On the other two nights you sleep at home in your usual setting. You will also fill out some questionnaires before and after sleeping.

Location

Psychologisches Institut, Rue P.A. de Faucigny 2, 1700 Fribourg

➔ Regina Mundi C-01.100 (sleep laboratory)

Duration of each session

The sessions start at around 9 p.m. and end in the next morning (8 a.m. when sleeping in the sleep laboratory)

Important

Sessions need to be at one-week intervals. Moreover, we ask you to avoid caffeine/coffee on the day of the trial from 2 p.m. on, refrain from drinking alcohol one day before the experiment and on the experimental day, as well. Furthermore, we ask you not to get up too late on these days (between 07:00- 8:00).

Inclusion Criteria

- "Healthy sleepers"
- Women and men
- Between 18 and 35 years old
- No intake of any drugs
- No shared bedrooms (you have to sleep alone in your room)
- No shift work / intercontinental flights for at least 30 days
- No physical / psychological / neurological diseases that influence sleep
- Mother tongue German / Swiss German / French / Italian / English
- No participation in previous sleep studies for at least 1 year

Expense allowance

160 CHF (paid proportionally in case of an early abandonment). Students of psychology have the possibility to receive 10 Vp hours + 40 CHF.

In case you are interested, please contact us:

Sleepstudy.fribourg@gmail.com