

Call For Participants



Meditation for Poor Sleep and Stress/Trauma

4 month(s) to complete

£50 Cash and 2 sleep reports

Experiment

1-19 Torrington Pl, London WC1E
7HB, UK

University College London

Have you experienced a stressful or traumatic event that still causes you distress? Do you have trouble sleeping? We are recruiting volunteers for a research study on the effects of meditation on poor sleep and stressor/trauma-related symptoms.

You will visit UCL four times over 10 weeks, complete surveys, listen to online guided meditations for 8 weeks, complete daily surveys, and complete a follow-up survey. During the study, you will wear an at-home

Find out more online

Poster printed on 06/03/2025

More info

by scanning the QR code
or visiting the URL

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