This study is sponsored through a grant from the US Air Force Research Lab.

The goal of this study is to collect saliva from subjects after completion of a brief questionnaire that provides information on the mood state (PoMS questionnaire) of the subject. The collected saliva would be used to isolate exosomes to measure markers of cognitive fatigue. This would help the Air Force with developing tests for Pilot cognitive fatigue and impairment.

If you volunteer to participate in this study, the researcher will ask you to do the following:

- Are you a medical or dental school resident pre-shift (well rested) or post- shift (fatigued)?
- You will be required to complete the PoMS questionnaire.
- You will be requested to give your oral consent for the study. You will not have to provide any personal information
- You will provide between 10mL and 20mL of saliva.

Participation will take a total of less than 30-60 minutes.

No potential risks or discomforts anticipated in this study

You will not directly benefit from your participation in the research.

You will be provided a gift card for $15 for each time you participate in this study.

The research team:
Varghese John, Ph.D., PI of the study; David T. Wong, DMD, DMSc, Co-I of the study; David Akin, the study coordinator from the Department of Neurology and Department of Dentistry at the University of California, Los Angeles (UCLA) are conducting the research study. The collaborator on the study is Dr. Alon Avidan Neurology Residency Program Director and Director of the UCLA sleep disorder center.

To participate in the study contact:

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