Might you have Obstructive Sleep Apnea?
Would you like to volunteer for a research study?

Part 1: Survey

We are recruiting people for a confidential online screening survey of health and medical information. We are looking for volunteers who suspect they have Obstructive Sleep Apnea (OSA) who have not had a sleep study (or not had one recently) and who are not currently undergoing treatment (e.g., CPAP). The survey takes 15 minutes to complete, and covers:

- Basic information, such as your age, height and weight;
- Brief medical history that will include an OSA screening;
- Your mood and quality of life; and
- Whether you can safely enter an MRI scanner.

Part 2: Sleep study, followed by MRI and other procedures

If eligible, we will offer you an overnight sleep study to see if you have OSA. If you are diagnosed with OSA, we will invite you for a brain scan in an MRI machine, with no injections or radiation (2 hour scan time, plus 1 hour preparation). We may also invite you to do one or more of the following:

- Perform physiological testing (1 hour);
- Answer questionnaires (20-30 minutes);
- Using a smart-phone we provide, each day, answer questions, take your blood pressure measurement and do other tests at home (20 minutes/day for 6 weeks/42 tests);
- Do a smart-phone based, stress reduction program (20-30 minutes/day for 6-12 weeks/42-84 tests).

You will be compensated for each procedure you do (overnight sleep study $100; MRI scan $200; physiological testing $100; home testing and/or stress reduction program up to $260). These procedures require visiting UCLA. Parking costs are covered. We will give you a copy of your sleep study report and brain images from the MRI scanning. We may invite you to do more procedures, for which you will also be compensated.

Contact Project Director: info@OSAbrainresearch.org | (424) 254-8252
www.OSAbrainresearch.org