Would you like to sleep well without sleeping pills?

Researchers at UCLA are conducting a study to help people sleep better without the use of sleeping pills.

You may be eligible for this study if:

- You have been taking a sleeping pill for at least 3 months
- You are 55 years or older

Your participation will last 10 months and will include:

- An initial sleep evaluation
- 2-month program where you will learn strategies to improve your sleep while slowly reducing your sleeping pill dose
- Two follow-up sleep evaluations

You will receive up to $150 for completing all parts of the study.

For more information, please contact our Sleep Research office at

(818) 895-9430

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