



**Please help us
develop new sleep
programs by
completing this
online research
survey**

**Adults who live in the U.S.,
have a sleep problem and have
experience using smart phone
APPS may participate**

Sleep Problem?

**Has Technology Helped?
Tell us your experience**

Please go to link:

<https://www.surveymonkey.com/r/SleepWellNAMI>



**Questions?
Please email
studies@myhealios.com**

**The survey takes about 25
minutes to complete and there
is no cost to participate.
Your name and identification
are not collected.**

The survey is being conducted by the SleepWell Consortium, a research collaboration between:

