



POSTPARTUM MATERNAL SLEEP STUDY

Help us **better understand** and characterize **sleep** during **pregnancy** and during the **postpartum** period.

Must be 18+ years old, a first-time mom **OR** caregiving partner with a first-time mom also enrolled in the study **AND** uses a wearable device to track sleep



WSU Sleep and Performance Research Center

Call (509) 358-7751

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WSU'S IRB APPROVED THE STUDY FOR HUMAN SUBJECTS. PARTICIPANTS MUST MEET INCLUSION/EXCLUSION CRITERIA.