

Wellcome Centre for Integrative Neuroimaging
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Stimulating brain rhythms during sleep (SeRCLES) study
Ethics Approval Reference: R89942/RE001

VOLUNTEERS WANTED FOR A SLEEP AND BRAIN STIMULATION STUDY

We are looking for **healthy volunteers aged 18-35 years of age**, for a study investigating how a safe and painless type of brain stimulation affects our sleep patterns and memory.



The study involves 3 visits to the sleep lab in Oxford during the day (~11am-4pm each visit). The sessions will involve completing questionnaires, cognitive tasks, and having a daytime nap while we deliver the brain stimulation and measure your brain activity.

You will be compensated for your time and travel expenses

If you would like to know more, we would be happy to discuss the study with you.

For more information please contact: Anna Guttesen
Email: sleep-win@ndcn.ox.ac.uk

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Text for online (e.g., X/Facebook/webpage) advertisements (to accompany poster if appropriate):

We are looking for **healthy volunteers, aged 18-35 years**, to participate in a **non-invasive brain stimulation and sleep study** which will take place in a sleep lab at the University of Oxford. For more information, please contact <name> through sleep-win@ndcn.ox.ac.uk.

Text for email circulation

We are looking for healthy volunteers, aged 18-35 years, to participate in a study investigating the potential to use a safe and painless type of brain stimulation to alter specific brain rhythms during sleep, and to test the impact on memory. We hope that the information we gain here will enable us to design future studies to test this technique in people who have neurological conditions affecting learning and memory.

This study involves 3 visits to a sleep lab in [add current lab location details] during the day (approximately 11am till 4pm per visit). We will ask you to learn (and be tested on) matching pictures to locations on a computer screen and a movement task where you need to press a sequence of buttons. We will measure your brain activity during a 90-120 minute nap, using a technique called electroencephalography (EEG) and deliver the brain stimulation while you are in the deep stages of sleep. The brain stimulation should not wake you up.

Please find attached an information sheet, which gives you more details about what the study involves and the inclusion/exclusion criteria. If you are interested in participating or have any questions, please let me know.

Kind Regards
[add name]