Title of Study: Sleepy? Happy? Are They Related?

Experiment Open Date: October 16, 2017  Experiment Close Date: December 1, 2017

(IRB) Approval Number: 17-SS-219

Participation Credits: 8 credits

Time (duration): Approximately 2 hours, over an 8-day period

Brief Description of Study:
Each participant will be asked to complete a baseline questionnaire regarding their sleep as well as factors associated with relationship satisfaction, such as communication and sexual satisfaction. Participants will then be asked to complete a brief survey, daily for the next seven days, from the comfort of their own home. Some questions may be sensitive in nature because they are asking you about personal feelings about your relationship with your spouse or partner.

Participation Criteria
Students must be currently in a committed relationship, either married or living together as a couple, for at least 1 year. Participants of every orientation are welcome.

Location
Participants will be given the questionnaire electronically in the classroom SL 228C at assigned times and asked to complete it. At this time they will be given an envelope with links to use for the next 7 days from their home.

Times the survey will be administered:
Wednesday, October 18 1:15pm – 4:00pm
Wednesday, October 25 1:15pm – 4:00pm
Friday, October 27 8:00am – 10:15am
Wednesday, November 1 1:15pm – 4:00pm
Friday, November 3 8:00am – 10:15am
Wednesday, November 8 1:15pm – 4:00pm
Friday, November 10 8:00am – 10:15am
Wednesday, November 15 1:15pm – 4:00pm
Friday, November 17 8:00am – 10:15am
Wednesday, November 29 1:15pm – 4:00pm
Friday, December 1 8:00am – 10:15am

Researchers:
Dr. Todd Baird (psychology department)
Tiffany Page (psychology student)

Questions:
Please contact Tiffany Page at tiffanypage@mail.weber.edu if you have questions. Please include the Study Number in the subject line of the email.