

Sleep on the Idea of Better Beds

PARTICIPATE IN OUR RESEARCH STUDY!



WHAT WOULD YOU BE DOING?

- 3D images of your body
- MRI
- EOS spine scan (very low dose x-ray)
- Home mattress trial
- Sleeping with smart watches
- Professional sleep assessments



WHO ARE WE LOOKING FOR?

- Adults aged between 35 – 60 years old
- Healthy to mid-overweight (BMI of 18-28)
- Has a relatively active lifestyle

Sorry, you can't participate if you have:

- An existing acute spinal condition (note: history of back pain is acceptable)
- Previous spinal surgery (note: other orthopaedic surgery is acceptable)
- Unable to have an MRI of your spine
- Unable to complete the 3-month home trial
- Diagnosed with a sleep pathology (e.g., sleep apnea)
- Sensitivity to flashing lights



ARE YOU INTERESTED OR KNOW SOMEONE WHO IS?

- Fill in the pre-screening form (scan the QR code or enter the web address below it), and we will contact you
- If you have any questions, please contact Selina s41.ho@qut.edu.au

