



Do you have a cancer diagnosis? Do you suffer from chronic sleep disturbances?

Seeking cancer patients living in the United States with sleep disturbances to participate in an eight-week app-based research study!

The purpose of the study is to explore how mobile health applications impact cancer patient symptoms.

You will be asked to:

- Be randomized to one of three different groups that will include downloading a mobile health app
- Participate in the app for 10 minutes daily
- Use a diary to track your sleep
- Complete online questionnaires at baseline, mid-point, post-intervention, and follow-up

Qualifying and enrolled participants will receive free access to a smartphone app and can earn up to \$40!

To check eligibility, visit the link at:
<https://redcap.link/176iy1xt>

Participation is Voluntary

Questions or Concerns?
Email: asupilotapp@gmail.com