



# Families Needed for the UMass PLAY TO ZZZ'S STUDY

Help us learn how  
movement and  
sleep influence  
one another and  
cognition in  
preschoolers!

Compensation  
up to \$250 and  
your child keeps  
the bag!



If your child is between 48 and 71 months and no longer naps regularly, they may be eligible!

This study includes three sessions over 2 weeks.

- An initial session (in home or on campus)
- Two at home experimental days that include text prompts to log your child's activities, memory games in the evening and following morning, and overnight sleep monitoring
- We will encourage your child to be a little more active than normal at home on one of these days (you will receive text prompts, an activity bag, and a menu of ideas).

To learn more or express interest,  
scan the QR code with your phone  
camera, or email  
[cstlaurent@umass.edu](mailto:cstlaurent@umass.edu)