THE WORLD'S LARGEST SLEEP STUDY

Renowned Western University neuroscientist Adrian Owen has launched the world's largest sleep-and-cognition study to help researchers learn the effects on our brains of sleep and sleep deprivation.

WWW.WORLDSLARGESTSLEEPSTUDY.COM

CROWD-SOURCING DATA

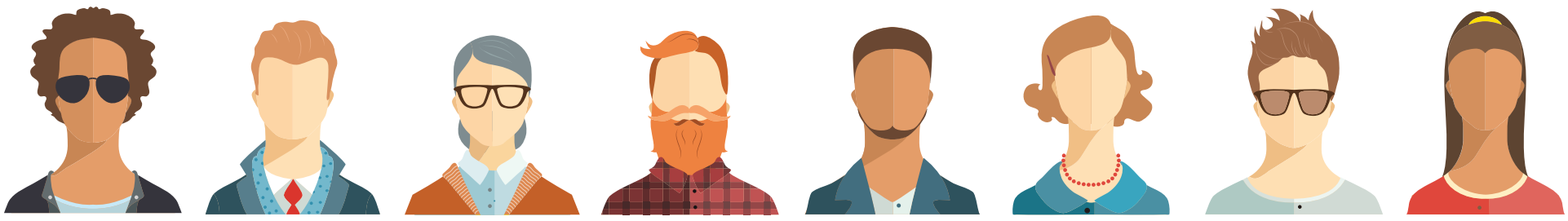
Researchers are crowd-sourcing a huge online study to correlate our sleep patterns with our cognitive, spatial and decision-making abilities.

YOUR BRAIN AND SLEEP

Researchers want to understand better why the brain craves sleep and what happens to our thinking abilities when we don't sleep well or don't sleep enough.

NO STUDY OF THIS SCOPE HAS EVER BEEN UNDERTAKEN

The study is led by **Dr. Adrian Owen**, one of the world's foremost neuroscientists and head of the Owen Lab at the Brain and Mind Institute at **Western University.**



> 100,000 PARTICIPANTS ARE EXPECTED

SEE WHERE YOU STAND

Once scientists are done crunching the numbers, results and insights will be shared with study participants and published in an academic journal.

Participants will complete online brain tests to determine how different parts of their brains work after different sleep scenarios.

Data from parents, students, older people, shift workers... all will help researchers understand the short- and long-term effects of sleep loss.

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The Owen Lab