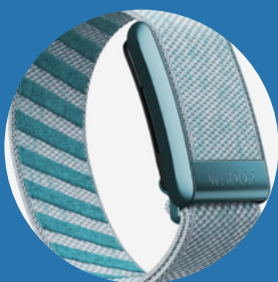


Want to know why bladders keep us up at night?

Whether you get up to go at night or not,
we need your help!

The UCLA Center for Women's Pelvic Health is
researching the relationship between sleep and night
time urination patterns.

Try out new technology!

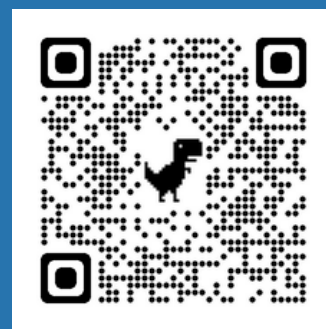


WHOOP 4.0 is a
new fitness tracker
that also evaluates
sleep patterns

Help us better understand nocturia!



There may be a
relationship between
sleep patterns and
nighttime urination habits



Scan the QR code to take a
screening survey and find
out more!

You may be eligible if you:

- Are a woman between age 18 - 80
 - Have a smartphone
 - Feel comfortable discussing and tracking your sleep and bladder habits for two weeks
- AND
- Have no bladder history and get up to urinate 0-1 times per night, on average
- OR
- Have overactive bladder and get up to urinate 2+ times per night, on average

Participants will be eligible for up to
\$50 compensation

Contact Us

 424-946-5570

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