

**ARE YOU FEELING
SLEEPY, TIRED,
OR LOW ENERGY?**



If so, you may be interested in
THE REDUCING RISK STUDY

The Reducing Risk Study is a UCSF research study that will give you access to an innovative sleep and mood intervention that you can use on your cell phone.



If you are interested in participating in this study, fill out the self-screen checklist at <https://is.gd/reducingriskstudy> or email reducingrisk@ucsf.edu for more information.