SleepTrackTXT Research Study

What: Investigators from the University of Pittsburgh Department of Emergency Medicine are conducting a research study of sleep and fatigue among emergency care workers. The overarching aim is to pilot test use of text-messages to assess sleep and fatigue in real time among emergency workers.

Who: We are interested in recruiting emergency workers for participation. If you can reply YES to all of the following, you are eligible to participate:

1: Are you 18 years of age or older?
2: Do you work in the emergency medicine setting as an emergency physician, emergency nurse, or EMT / paramedic worker?
3: Are you currently working shifts as part of your employment in the emergency medicine setting?
4: Do you have a cell-phone / smartphone that can receive and send text-messages?
5: Are you willing to take part in a research study where you are required to send and receive multiple text-messages at the start, during, and end of your shift work?

How Long Does the Study Last? If you agree to participate, we will ask that you participate for three months (90 days).

Will I Be Compensated? We will provide each subject a total of $40 if they complete the entire study. You will receive $10 and a Coffee Mug upon enrollment, $10 if you complete the first 30-days, $10 for completing 60-days, and $10 for completing 90-days. You will also be entered into a random drawing for one of five tablet computers (e.g., iPad, Kindle, etc).

Payment For Text-Messages: The cost of text-messages should be covered by the study incentive payments. We will not pay for overage charges from your service provider. Many people have unlimited text messaging as part of their service, which means the text from this study should not impact the bill from your service provider.

If you have any questions, please don’t hesitate to contact the study’s lead investigator: Daniel Patterson, PhD, NREMT-P at pdp3@pitt.edu or 412-647-3183.