Sleep and dreaming during the COVID-19 pandemic

Are you interested in how well-being, sleep quality, and dreaming during sleep has been affected by the COVID-19 pandemic?

The Sleep and Neuroplasticity Lab in the Department of Psychology, Queen’s University is looking for participants in a study to assess the impact of COVID on general well-being, sleep quality, and dreaming. You will be asked to complete an online survey (required time is about 20 min) to help us obtain information about changes in your life and sleep following the onset of COVID-19. Participants will be entered into a draw for an iPad Air (approximate retail value of $780). For questions and information, please contact Henrique Ho Cesar (17hghc@queensu.ca) or Dr. Hans C. Dringenberg (dringenb@queensu.ca).

To complete the survey, please use this link:

https://queensu.qualtrics.com/jfe/form/SV_6LO5HGC8PPyG4B