



# CHEERYZZZ

RESEARCH STUDY

**NOT SLEEPING RIGHT? TRY CHERRIES AT NIGHT!**

## WHAT ARE WE RESEARCHING?

Previous studies have shown that drinking tart cherry juice may help older adults sleep longer. The purpose of this study is to test if drinking tart cherry juice for several weeks can help improve sleep patterns in older adults.

## WHO CAN PARTICIPATE IN THIS STUDY?

- Adults aged 65 years or older who have trouble sleeping
- No history of diabetes
- Willing to avoid cherry-based products for duration of study

## WHAT DOES THE STUDY INVOLVE?

- 5 in-person visits and 2 telephone visits
- 4 weeks of drinking cherry juice and 4 week of drinking placebo juice
- 4 blood draws and 4 urine samples
- Wearing a study watch that tracks your sleep for the entire study
- Transportation to study visits can be provided
- Compensation up to \$550

For more information, contact the  
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