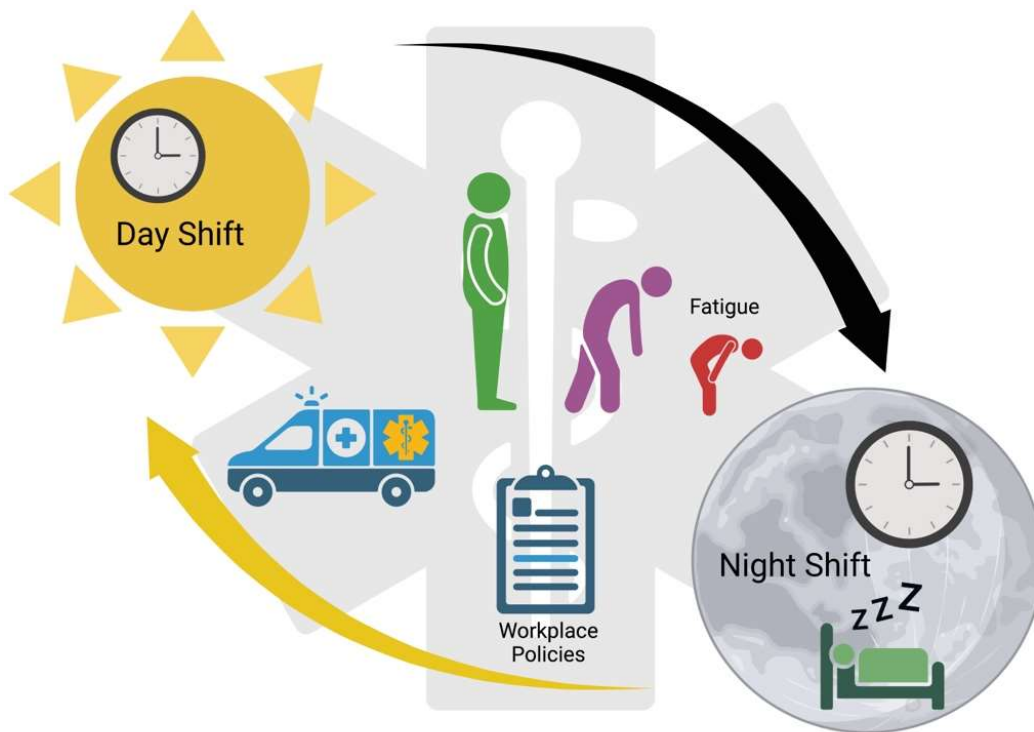


# The CODE 3 First Responder Sleep Health Research Study

Help the EMS and Fire First Responder community understand barriers and facilitators to adopting and implementing evidence-based recommendations that address fatigue and sleep health in the workplace.

**Lend your voice and opinion!**



**WHAT?** Participate in a 45-minute ZOOM interview / survey.

Participants will be remunerated \$100 for their time.

The study is being conducted by researchers at University of Pittsburgh Department of Emergency Medicine and funded by the American Academy of Sleep Medicine Foundation. Your answers will help us develop a NEW & FREE educational resource for first responders to address sleep and fatigue.

**Who can participate?** EMS and Fire Operation Managers, Directors, Chiefs, Deputy/Assistant Chiefs, and other Administrators with the authority to create and implement workplace policies. Participants can be from anywhere in across the United States. Participation is completely voluntary.

**WHEN?** We are flexible. Remote interviews will be scheduled at a date and time convenient for you.

**INTERESTED?** If you are interested, please reach out to the project coordinator at [dgr21@pitt.edu](mailto:dgr21@pitt.edu) Participation is completely voluntary.