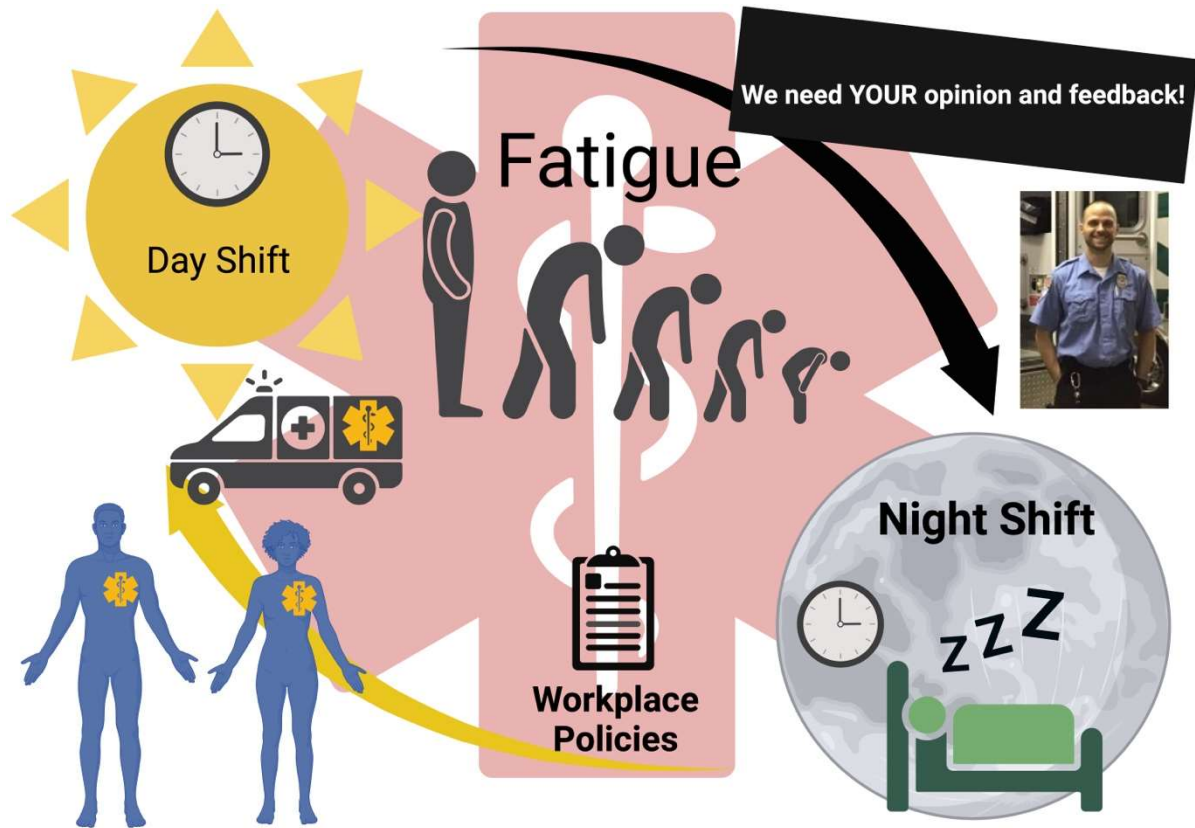


The CODE 3 First Responder Sleep Health Research Study

Calling on all frontline EMS clinicians and fire first responders!



Compensation for your time: Participants will be remunerated \$50 for their time.

Primary Research Question: We want YOUR opinion and feedback on what YOU think the barriers and facilitators may be related to adopting and implementing evidence-based recommendations in the workplace that address fatigue and sleep health of workers?

Who are we? We are researchers at the University of Pittsburgh Department of Emergency Medicine. This research study is supported 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? You may be eligible to participate if you:

- [1] Are an EMT, paramedic, prehospital nurse, firefighter, or other EMS / fire personnel; and
- [2] Are actively working shifts and taking care of patients in the community as a front-line EMS clinician or firefighter at an EMS and/or fire department operation.

When? We are flexible! We will work with your availability to schedule an in-depth ZOOM-based interview. The interview will last approximately 45 minutes.

Interested? If you are interested, please reach out to the project coordinator at dgr21@pitt.edu
Participation is completely voluntary.