

Share Your Story: Sleep Research in the Spotlight



REST-KY Research Project *University of Kentucky*

The Daily Yonder is working on a story about sleep health challenges in Appalachian communities and is interested in speaking with individuals about their personal sleep experiences.

If you are a participant in our study and would like to share your story with the reporter, you can reach out directly to Ms. Donavyn Coffey at donavyn.coffey@gmail.com or 270-566-2741.

Please note: This media opportunity is completely voluntary and entirely separate from our research study. Your participation or non-participation will not affect your involvement in our research in any way. You are welcome to use a pseudonym (fake name) to protect your confidentiality if you wish.

Contact Us

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(859) 488-2868 for text

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Website:

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Thank you for being part of the REST-KY community. Here's to a year of better sleep and better health for all Kentuckians!