

November 2025



REST-KY Research Project Newsletter

University of Kentucky

Thank You to Our Participants

As we approach Thanksgiving, we are especially grateful for your participation and partnership in this important work. All of us at REST-KY are wishing you and your loved ones a wonderful holiday season filled with rest, health, and happiness.

If we haven't been in touch recently, don't worry—we will be reaching out soon.

If you have any study-related questions, feel free to reach out anytime to restky@uky.edu or 859-562-0112. Thank you for your continued participation and patience as we work to expand our study across Kentucky communities.

Our Team

Co-Directors:

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Project

Coordinators:

Jennifer Malan
Angel Pile
Alex Gonzalez

County Spotlight: Letcher County

This Fall, we're highlighting Letcher County, nestled in the beautiful Appalachian Mountains of southeastern Kentucky. Established in 1842 and named after Robert P. Letcher, Kentucky's 15th governor, Letcher County has a rich coal mining heritage that helped power America's industrial growth. The county is home to the historic town of Whitesburg and sits along the scenic Pine Mountain range, representing the resilient spirit and strong community bonds that define eastern Kentucky.

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Photo credit: Ella Cottle

Pictured above:

The drive around Fish Pond Lake showcases the stunning beauty of fall foliage in the mountains. The lake offers a peaceful retreat and recreational opportunities for Letcher County residents and visitors, with camping facilities that let people immerse themselves in the natural splendor of the region.



Pictured above:

Cradled in the mountains of Letcher County, the Cowan Community Center is a small space doing big things. Each week, the center comes alive with free classes in sewing, clay making, and traditional music, each one starting with a warm meal and good conversation that brings neighbors together.

The Cowan Community Action Group has long been a cornerstone of the community, offering programs that strengthen connections and enrich lives throughout Letcher County. From their annual Old Time Music School and summer camps to after-school programs, agricultural initiatives and weekly classes, they are creating spaces where folks of all ages and skill levels can learn, create, and belong.

We are grateful to our Letcher County participants who have joined our study and are helping us better understand sleep health in their community!

Help Us Spread the Word!

As we continue to reconnect with current participants, We are excited to announce that the REST-KY team is actively seeking new participants to join our study! Counties in red below have the biggest need:

- Jackson County
- Lincoln County
- Whitley County
- Rockcastle County
- Pike County

If you know someone in these counties who might be interested in participating, we would greatly appreciate you sharing information about our study with friends, family, or community members who live in these areas. **Family members of current participants are eligible to participate.** Contact our team at restky@uky.edu to learn more about how they can get involved or sign up at our website by clicking the link below

Click Here To Visit Our Website

🐾 "Em-paw-ee" Spotlight 🐾

The REST-KY team shares more than a passion for sleep health research—all of us are also devoted pet parents! Our four-legged (and sometimes furry, scaly, or feathered) friends keep us company during long workdays, and we love sharing photos of them with each other. We thought you might enjoy meeting some of them too!

Meet Sam

Chief Ball Retrieval Specialist & Morale Manager



Sam is a 1-year-old poodle mix who works remotely alongside team member Angel! Rescued from a local shelter as a pup, this enthusiastic goofball has quickly become an invaluable asset to our team. With zero formal training, Sam intuitively understands what's needed, whether it's retrieving dropped pens or simply bringing a smile to everyone he meets. His specialty is ball chasing (he's never met a throw he didn't love), and his eager-to-please attitude and boundless energy make every workday a little brighter. Sam proves that sometimes the best skills can't be taught, they're just natural talent!

Meet Harley

Chief Vocal Communications Officer & Mandatory Break Enforcer



Introducing Harley, Alex's 5-year-old feline and self-proclaimed descendant of ancient tiger lineage! Found roaming a park as a youngster, this 15-pound gentle giant has become an essential work-from-home companion. Harley specializes in vocal communications (he has opinions about everything), curiosity-driven investigations, and ensuring Alex takes breaks whether he wants to or not. His favorite tools of the trade include a shiny ribbon tied to a stick and a good brush, which triggers his legendary purring and biscuit-making sessions. When he's not demanding to be the center of attention or announcing his every move, you can find him alternating between intense play sessions and demanding cuddles—often both at once.

Meet Cookie

Chief Security Officer & Pitbull Ambassador



Cookie, Jennifer's resilient rescue pup and heart-stealer extraordinaire! After arriving at the animal shelter with a serious burn from shoulder to toes, Cookie met Jennifer and it was love at first sight.

Cookie specializes in winning over everyone she meets (proving pitbulls are wonderful), security patrol, and high-speed mail truck racing (we like to think she's just excited about packages). Her workday routine includes keeping watch from her bed, occasional lap visits for affection, and alerting Jennifer to any intruders. When she's not on duty, you can find her being the best pitbull ambassador around—one wagging tail at a time.

Thank you for your continued interest in the REST-KY research project. Together, we are working to improve sleep health outcomes across Kentucky

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Beyond the Script

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