

**IMPORTANT UPDATE FROM REST-KY:  
ACTION NEEDED FOR ANDRIOD USERS**



# REST-KY

**Hello! We hope this message finds you well!**

We are reaching out with an important update about the **mEMA app** - mEMA is the app you use to take your daily surveys during your 14 day burst

**If you are an Andriod user:**

Please take a moment to check if you still have the mEMA app installed on your phone. If you do not currently have it installed, you'll need to download it from the Google Play Store before **November 1st, 2025**. After that date, the app will no longer be available for download due to updated Google Play Store requirements.

If you already have the app on your phone, you're all set and don't need to take any further action

**Please note, iPhone users are not affected by this change**

We've also been busy reconnecting with everyone for the next round of data collection. If you're interested in continuing with the study, please give us a call or send us an email at our contact information listed below, and we'll be happy to get you scheduled.

Please don't hesitate to reach out if you have any questions. We appreciate your continued participation in REST-KY!

Phone: 859-562-0112

Text: 859-488-2868

Email: [restky@uky.edu](mailto:restky@uky.edu)