



Take A Break

Learn To Breathe

VOLUNTEER WITH US

ARE YOU INTERESTED IN BEING PART OF THE DESIGN PROCESS OF A NEW WEARABLE?
WOULD YOU LIKE TO LEARN MORE ABOUT FACED BREATHING?

Stanford Haptic Breathing Study IS ATTEMPTING TO USE A WEARABLE DEVICE TO MONITOR,
PROVIDE FEEDBACK AND FACILITATE A PROPER BREATHING.

YOU MIGHT ALSO:

1. BE THE FIRST FEW TO TRY THE NEW DEVELOPING WEARABLE
2. LEARN FACED BREATHING
3. CONTRIBUTE TO THIS SCIENTIFIC RESEARCH

WHAT TO EXPECT:

WE WOULD SCHEDULE YOU TO COME TO OUR LAB FOR APPROXIMATELY 1 HOUR TO TRY OUR
HAPTIC FACED.

YOU WILL USE AN IN-LAB HAPTIC BREATHING AND WILL PERFORM SOME SHORT PRACTICES.

PARTICIPANT'S RIGHTS QUESTIONS, CONTACT 1-866-680-2906.

PARTICIPATION REQUIREMENTS:

- ADULTS, 18 YEARS AND OLDER
- NON-SMOKER
- NOT CURRENTLY PREGNANT OR PLAN TO BE IN THE NEXT 3 MONTHS
- A STRONG WILL TO LIMIT COFFEE, ALCOHOL, AND PAIN MEDS PRIOR TO THE STUDY

DEPENDING ON THE STUDY PROTOCOLS, THE CASH COMPENSATION WILL RANGE FROM \$30-\$40, AND WILL BE GIVEN UPON COMPLETION OF THE STUDY.

VISIT OUR WEBSITE FOR DETAILS.
[HTTP://WWW.HBS.STANFORD.EDU/](http://www.hbs.stanford.edu/)



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