



# Are you a young adult with chronic pain and sleep problems?




The YAC study is looking for young adults with interest to participate in research exploring chronic pain and sleep treatment



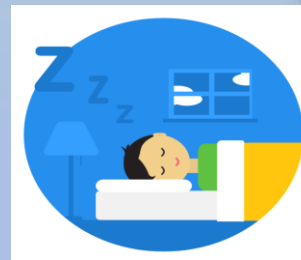
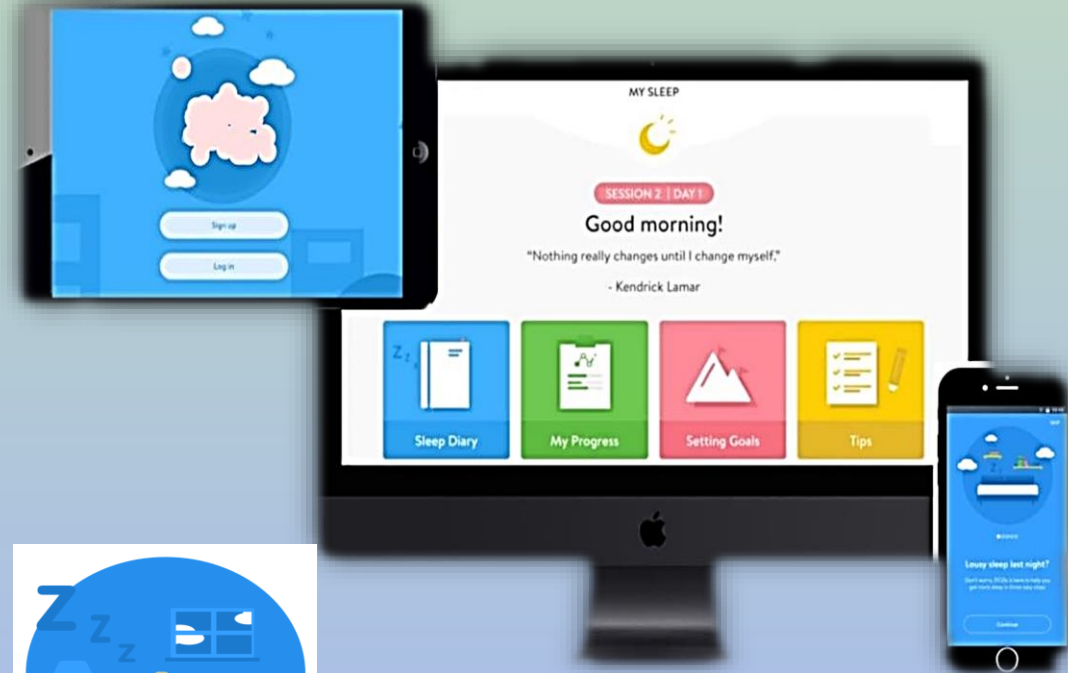
You will participate virtually/remotely using an internet enabled device to access an app over a 12-week period



You may benefit from an improvement in your sleep health, pain, and overall health related quality of life if you take part in this study



Interested or have questions? Please contact the YAC study team at: [YACsleepstudy@wchospital.ca](mailto:YACsleepstudy@wchospital.ca)



**Young Adult Clinic "YAC" study // Women's College Hospital "WCH" // Toronto Academic Pain Medicine Institute "TAPMI"**

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Version 1.0\_04Nov2021**