

# STUDY QUICK FACTS

## STUDY GOALS

The Stanford Meditation Study aims to uncover the possible benefits of regular short-term attention-based meditation training. Over the course of the 16-week study, participants will undergo meditation training and implement this training into their daily lives. The study will focus on three key aspects of wellbeing: physiology during sleep, cognition, and mental wellness. The results of the Stanford Meditation Study will have implications on medication-alternative therapeutic regimes for those suffering from high levels of stress.

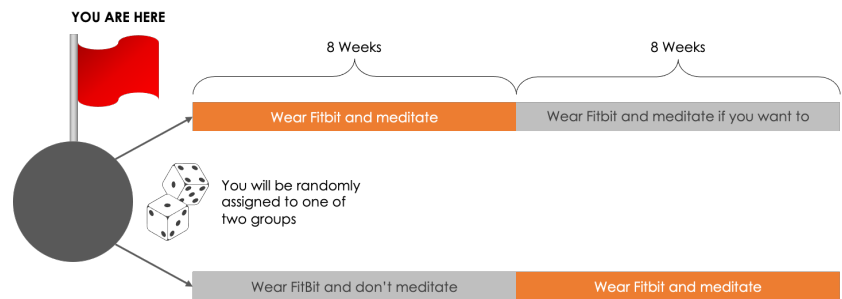
## ELIGIBILITY

- You must be 18 years or older
- You must have access to a mobile device and a computer with internet
- You must not have been diagnosed or treated for a mental illness in the past 6 months \*
- You must be willing to meditate for 10 minutes daily for a total of 8 weeks
- You must be willing to wear a lab-provided fitness watch nightly for 16 weeks
- You must not be a regular meditator \*

\*All participants regularly meditating or undergoing mental health diagnosis/treatment are considered on an individual basis. Please reach out to a Stanford Meditation Study contact so that we can discuss your case.

## STUDY DESIGN

Participants will be randomly assigned to one of 2 groups. Both groups will meditate, just at different time points. Meditation training will be provided to all participants. Participants will meditate for a minimum of 10 minutes daily for 8 weeks during the 16-week study. Participants will complete 3 surveys (week 0, 8, 16), 3 cognitive tests (week 0, 8, 16), and wear a Fitbit fitness watch nightly for the duration of the 16-week study.



## ENROLLMENT

Enrolling in the Stanford Meditation Study consists of several steps. Participants are required to review all study introduction materials and sign a form providing consent for the study team to collect Protected Health Information. Following consent, participants will undergo meditation training and receive their Fitbit watch. Participants can leave the study at any time and may be removed from the study at any time.

## COMPENSATION

All participants will be provided with a fitness tracker watch (Fitbit) for the duration of the study. If the participant completes the study, they will receive the fitness tracker as compensation for their effort.

## CONTACT

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