SOUND LIFE PROJECT

A scientific research study on who we are, how we live, and where we live to advance knowledge of the immune system in health and disease.

Study Goal

The goal of this study is to collect comprehensive data from participants to establish a deep understanding of the normal, healthy immune system. This information will serve as a foundation for existing and future disease research programs.

Eligibility

We are recruiting **healthy adults in two age groups, 25-35 and 55-65**, from the Seattle area. Volunteers will provide health and lifestyle information and donate blood samples through periodic blood draws during a participation timeline of less than two years.

What’s Involved

In-Person Visits

Study participants will give blood samples 10 times over the course of the study and, at two of these visits, they’ll receive flu vaccinations.

Health Data Tracking

Study participants will share brief weekly insights about health and habits through user surveys using the participant mobile app.

Study Timeline

Participants are encouraged to provide health data for a participation timeline of less than two years and will receive insights shared by researchers. Participants will be compensated for their time.

Need Help?
For more information, visit: [www.soundlifeproject.org/faqs](http://www.soundlifeproject.org/faqs)
If you have questions, email us at soundlifeproject@benaroyaresearch.org