

# CAN LIGHT IMPROVE SLEEP FOR OLDER ADULTS?



Join a research study to help determine if daytime light may improve sleep health

## Is the study right for me or someone I know?

- ✓ Over the age of 55
- ✓ Trouble sleeping (not required)
- ✓ Memory loss (not required)
- ✓ Diagnosed with Alzheimer's (not required)

## What should be expected from participating?

- ✓ Additional in-home lighting
- ✓ Questionnaires
- ✓ Payment for participation (if applicable)

Multiple studies sponsored by the National Institutes of Health. Contact us to see if you qualify:

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## About our team

The Mount Sinai Light and Health Research Center is conducting research to test the effects of lights that are designed to improve study participants' sleep and emotional well-being.



Effective date: 3/7/2021  
End date: 11/8/2022



*Light and Health  
Research Center*



Study #20-01804