

Do you regularly work night shifts?



CRIICOS Provider: Monash University 00008C, TSG281766.

Monash University is looking for male and female night shift workers to participate in a research project to trial a non-pharmacological treatment for fatigue and sleepiness.

The aim of this research is to investigate the effectiveness of a light intervention in alleviating fatigue and sleepiness during a simulated night-shift.

You may be eligible if you:

- are aged between 18 and 65 years (inclusive);
- work at least 5 nights per month; and
- work at least 2 nights in a row.

What will the project involve?

- may involve a health check;
- monitoring of your sleep-wake behaviour (by completing a sleep diary and wearing a wrist-watch device that measures your sleep behaviour); and
- attending a sleep laboratory in Caulfield (VIC) for a simulated 'night-shift' which will involve exposure to the light intervention.

Participants will be reimbursed for the time involved. If you are interested, please contact us: Telephone: 9905 3952 Fax: 03 9905 4028

Email: sleepstudy@monash.edu