ROOM3

**# Title: Type in the title/name**

> A descriptive name given to the dataset.

**## Date: YYYY-MM-DD**

> A point in time associated with the lifecycle of the dataset.

> Used mainly to cross-reference with other resources like Lab Notebooks or raw data.

> Date must be expressed in ISO format: **\*\*YYYY-MM-DD\*\*** (e.g 2023-03-25)

**## Purpose (Research Hypothesis)**

> The overall rationale, reason, or intention for conducting a study that resulted in the the data set.

> Or the hypothesis that a study sets out to support (or disprove);

**## Abstract**

> A summary of the content of the dataset.

> Should include a brief information about the biological material, technique used

> and measurement/experimental conditions.

> The comprehensives details are to be recorded in sections bellow, here,

> we expect a short description that helps to understand the content of the dataset without its thorough examination.

**## Contributors**

> List of persons making contribution to the creation of the dataset.

> Use `FirstName LastName` format, each contributor name should be in a separate line which starts with `-`.

> See the example entry bellow

- Ana Student

- Tom Thorough

- Diana Helpful

--- students template starts ---

--- propose sections Marked with # and their expected content ---

--- rather than definitions list the aspects which should be captured in this section

--- For example, look at the COHORTS section bellow

**---**

--- There are suggestions of other sections, complete the recommended content,

--- and feel free to add your own sections

**## COHORTS**

> Describe common characteristics withing groups of participants

> Typically include Demographics, Health Conditions, inclusion exclusion criteria

CONTROL

Shift workers aged 35-50 who have been shift workers for over 2 years

Exclusion: chronic disease, sleep influencing medication

GROUP1: Low light

Shift workers aged 35-50 who have been shift workers for over 2 years

Exclusion: chronic disease, sleep influencing medication

Intervention: LOW-LIGHT

GROUP2: Strong light

...

**## INTERVENTIONS**

> What typically interventions description should contain

>

>

>

LOW-LIGHT

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