



WE ARE LOOKING FOR STUDY PARTICIPANTS!



Our research question:

- Can a specific type of brain activity be boosted through dim flickering light during sleep?
- If we find positive effects in young & healthy people, this could be valuable for the prevention of Dementia.

Time and place:

- June – November 2023
- Sleep lab at Klinikum rechts der Isar, Ismaninger Str. 22, 81675 Munich



Your participation:

- Come to the lab for one short session (1 h) and two nights (2 x 10 h)
- In the **short session**, light stimulation is applied while awake
- **1st night**: sleep at the lab while your brain activity is measured
- **2nd night**: additionally, dim light stimulation is activated while you sleep

We offer you:

- For full study completion: **100 €**
- Personalized sleep reports

You may take part if:

- You are 18 – 35 years old and healthy (no sleep / neurological / psychiatric disorders, no colour blindness, no drug abuse)

INTERESTED?

Fill in this short survey to sign up for the study:



<https://redcap.link/Oyz7xejl>

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