

Researchers at Monash University and Epworth HealthCare are conducting a research study to evaluate the effectiveness of light therapy to reduce fatigue, daytime sleepiness and sleep disturbance following acquired brain injury.



YOU MAY BE ELIGIBLE IF:

- You have had an acquired brain injury (traumatic brain injury or stroke)
- You experience fatigue

WHAT WILL THE STUDY INVOLVE?

- The study involves an in-home light therapy, which entails daily exposure to light of a certain wavelength. You will be required to turn on certain lights during the day, and other lights at night (before sleep).
- You will receive two different light treatments across the course of the study, delivered over a period of 6 months. An electrician will replace ceiling light bulbs in certain rooms in your home on two separate occasions during the study and at the end of the study, where your usual lighting will be re-installed.
- You will meet with a researcher in your home to answer questionnaires during 6 separate study visits. Questionnaires will ask about your levels of fatigue, daytime sleepiness and sleep disturbance, as well as your mood, daily functioning and quality of life. You will also complete a short task measuring your reaction time.
- You will keep a daily sleep diary and log of your general activities for that day. You will also be required to wear a watch that measures sleep-wake behaviour and activity.

**INTERESTED?
WHO TO CONTACT?**

To find out more about the study,
please contact Laura Connolly at:
laura.connolly@monash.edu