We are recruiting subjects ages 18 to 65 to participate in a paid night time study that will take place over four weeks: Fridays January 6th, 13th, 20th, and 27th. You will need to attend all four sessions, unless you decide to withdraw from the experiment. In order to be eligible to participate in the experiment, you need to go to bed no later than 11:00 PM and wake up no later than 7:30 am on weekdays, all weeks of the study. You will be asked to keep a sleep log all 4 weeks of the study.

The study will run from approximately 10:30 pm until 1:00 am at the Lighting Research Center (Gurley Building). The goal of the study is to investigate the human circadian system’s response to light from a 70 inch television and its effect on melatonin. Melatonin is a hormone produced at night and under conditions of darkness that helps a person fall asleep. You will be sitting in front of the television two hours, starting at 11:00 pm, and we will be collecting saliva samples every hour for a total of three samples. You will be watching a movie on the TV during these two hours.

You will not be eligible to participate in the experiment if you smoke or have any major health problems, such as heart disease, diabetes, or high blood pressure or take any prescription medication. We will pay you $40 per night for a total of $160 after the completion of all four nights. Payment will be processed by Rensselaer after completion of the experiment. If you decide to withdraw from the study, your payment will be pro-rated. If you are not a U.S. citizen, taxes will be withheld from your payment. If you are interested in participating in the study, please contact Barbara Plitnick at plitnb@rpi.edu for more information.