

# Benefits and Risks of Artificial Light Exposure: Characterisation of Effects on Alertness, Sleep, Cognitive Performance, Mood and Biological Rhythms

NCT05232383

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University Hospital, Strasbourg, France
<b>Enrollment</b>	96 participants

## Key Eligibility Criteria

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### Inclusion (9)

- Male or female
- Aged 18 to 40 years
- With a hint of Bodymass index (BMI) between 17 and 30 kg.m - 2
- healthy subject determined by a clinical examination, a psychological interview, a blood test, a urine analysis
- Subject with a score <6 questionnaire PSQI ("Sleep Questionnaire Pittsburgh")
- ... and 4 more (see full listing online)

### Exclusion (20)

- somatic diseases: cardiovascular, respiratory, gastrointestinal, hematopoietic, Visual
- immune system diseases
- kidneys and urinary tract diseases
- endocrine and metabolic diseases
- neurological diseases
- ... and 15 more (see full listing online)

## Locations (1 total)

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Hôpitaux Universitaires de Strasbourg, Strasbourg, France