

ARE YOU A SHIFT WORKER?



JOIN A MONASH UNIVERSITY TRIAL:

PERSONALISED SLEEP & LIGHT INTERVENTION TO IMPROVE SLEEP & WELLBEING

BENEFITS:

- Receive personalised recommendations tailored to your body clock
- Improve your sleep, alertness, and wellbeing

WHAT IS INVOLVED?

- Daily sleep & light monitoring, and objective body clock assessments
- Follow personalised recommendations for 8 days

REIMBURSEMENT FOR TIME: ~\$375 upon study completion

Express interest here: bit.ly/shiftworkmonash

Questions? base.switch@monash.edu

