
MIT's MediaLab and Behavioral Research Lab are

Seeking Study Participants

Sleep, circadian rhythm and well-being

The MIT Media Lab Affective Computing group is looking for 50 healthy adults to participate in a study of links between sleep, circadian rhythm and well-being. Participants will wear a smart watch for 14 days, respond to surveys, and take an at-home dim-light melatonin onset (DLMO) saliva test.

Participants must be 18-60 years old, use an Android phone, and reside in Greater Boston.

You will receive \$195 by check upon completion.

Take the eligibility screener:

<https://tinyurl.com/MITSleepStudy>

