The Somneuro Lab at UMass-Amherst is recruiting infants (9-15 months) for a study on the relationship between infant night-lights and sleep quality. Children's sleep at home will be measured for 3 weeks using a "fitbit-like" watch. During the second week, caregivers will also be given a standard infant night-light and blackout curtains to use for children's sleep periods.

Children should have normal, or corrected to normal vision, and no developmental or sleep disorders.

Participants will receive a child's book and parents will be compensated with a $40 Target or Amazon gift card.

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Approved by the UMASS Psychology Department Human Subjects Review Committee and the UMASS IRB