

UMassAmherst

# Infants Needed for Research Study on Night-Lights and Sleep.

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.

**SOMNEUROLAB**  
THE NEUROSCIENCE OF SLEEP  
AT THE UNIVERSITY OF MASSACHUSETTS AMHERST



Participants will receive a children's book and parents will be compensated with a \$40 Target or Amazon giftcard.

**ToddlerNapStudy@gmail.com**

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