Melatonin Concentration and
Ocular Biometric Rhythms in Adults

Researchers at UNSW (The University of New South Wales) and BHVI (The Brien Holden Vision Institute) are seeking research volunteers to learn about variations of a number of ocular parameters across 24 hours and their associations with the body clock.

Would the research study be a good fit for me?
Requirements:
- Healthy 18 to 35-year olds (E.g. No hypertension or diabetes)
- Good vision (Best corrected visual acuity of 20/20 or better)
- No ocular diseases or history of eye surgery
- Willing to stay in the clinic for overnight measurements
- Not using melatonin or any pharmacological sleep aids
- No jet lag during last month
- Not pregnant
- Not a current smoker

What would happen if I took part in the research study?
Step 1: Screening visit to determine your suitability.

Step 2: If suitable, you will be asked to avoid caffeine and alcohol one day (24 hours) before and on the testing day.

Step 3: On the testing day, you will be required to attend 7 visits across 24 hours: One visit every 4 hours (±1 hour). Each visit will be approximately 45 minutes. You are required to stay overnight in the clinic from 8pm until the next morning as a safety precaution, where you will be provided dinner, breakfast and bedding.

Upon each visit, we will collect saliva (via passive drool), measure pupil and tear response to light and perform non-invasive posterior ocular measurements. Additionally, at the first visit, you need to complete two questionnaires evaluating your sleep quality and body clock. You will also be given a wearable light sensor to wear on the testing day to measure ambient light levels.

Will I be paid to take part in the research study?
Participants will be given a gift voucher of **AUD150** to compensate for their time and other expenses related to the study following completion of their participation.

Whom do I contact if I want more information or want to take part in the study?
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