

# Illumination in Human Aging: Sleep and Mood Effects

<b>Submission date</b> 06/05/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 11/05/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 16/08/2011	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
5 RO1 AG12364-11A1

## Study information

**Scientific Title**

**Acronym**

GLRX

**Study objectives**

Bright green light would reduce depression and improve sleep disorders related to circadian rhythm disturbance.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Not specified

**Study type(s)**

Not Specified

**Participant information sheet****Health condition(s) or problem(s) studied**

Depression and sleep disturbance

**Interventions**

One hour of bright green light treatment compared to one hour of dim red light treatment given within one hour of waking.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

Mood scales, light recording, and wrist actigraphy

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/02/2004

**Completion date**

31/01/2005

## Eligibility

**Key inclusion criteria**

Human age 60-79 with no history of mania or diagnosis of bipolar disorder.

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Not Specified

**Target number of participants**

33

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/02/2004

**Date of final enrolment**

31/01/2005

## Locations

**Countries of recruitment**

United States of America

**Study participating centre**

9500 Gilman Drive

La Jolla, CA

United States of America

92093-0667

## Sponsor information

## Organisation

National Institutes of Health, National Institute of Aging (NIH, NIA) (USA)

## Sponsor details

7201 Wisconsin Ave.  
Bethesda, MD  
United States of America  
20892

## Sponsor type

Not defined

## ROR

<https://ror.org/049v75w11>

## Funder(s)

### Funder type

Government

### Funder Name

National Institutes of Health, National Institute of Aging, 5 RO1 AG12364-11A1

## Results and Publications

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	09/11/2005		Yes	No