



The LHRC is recruiting participants for the following clinical trials...



The Long-term Impact of a Light Intervention on Sleep and Cognition in Mild Cognitive Impairment

Do you know someone over the age of 55 who has been diagnosed with mild cognitive impairment or mild Alzheimer's disease? If so, you might wish to ask them if they would be willing to participate in our study. The study will test lights that are designed to improve participants' sleep and cognition. We will also study the light treatment's potential to reduce overnight burden on patients' caregivers. The light will be administered in homes or independent/assisted living environments for 6 months.

[The Long-term Impact of a Light Intervention on Sleep and Cognition in Mild Cognitive Impairment | Mount Sinai - New York](#)

Light and the Effect on Metabolic Syndrome and Alzheimer's Disease

Do you know someone over the age of 55 who has been diagnosed with mild to medium Alzheimer's disease and has type 2 diabetes? If so, you may wish to ask them if they would be willing to participate in our study. This study will test a lighting intervention designed to improve participants' sleep quality and mood and provide treatment for metabolic disease by reducing circadian disruption. The light treatment will be administered in assisted living facilities and nursing homes for a period of 26 weeks.



[Light and the Effect on Metabolic Syndrome and Alzheimer's Disease | Mount Sinai - New York](#)

Methodology Issues in a Tailored Light Treatment for Persons with Dementia

Do you know someone over the age of 60 who has been diagnosed with mild to moderate Alzheimer's disease? If so, you might wish to ask them if they would be willing to participate in our study. We are testing the effects of lights that are designed to improve study participants' sleep, mental function, and emotional well-being. The light treatment will be administered in long-term care or nursing home environments for 23 weeks.

We will include those who have:

- A formal diagnosis of mild to moderate dementia
- A history of sleep disturbances

Some exclusions will apply.

[Methodology Issues in a Tailored Light Treatment for Persons With Dementia | Mount Sinai - New York](#)