

Locations

Alabama

University of Alabama at Birmingham—Birmingham

Arizona

Barrow Neurological Institute—Phoenix

California

University of California, Davis—Davis

University of California, Irvine—Irvine

Connecticut

Yale University—New Haven

Florida

University of Miami School of Medicine—Miami

Illinois

Northwestern University—Chicago

Iowa

University of Iowa—Iowa City

Massachusetts

Beth Israel Deaconess Medical Center—Boston

Massachusetts General Hospital—Boston

Michigan

University of Michigan—Ann Arbor

Missouri

Washington University—St. Louis

New York

Mount Sinai Icahn School of Medicine—New York

SUNY Stony Brook—Stony Brook

SUNY Upstate Medical Center—Syracuse

University of Rochester Medical Center—Rochester

Weill Cornell Medical College—New York

North Carolina

Wake Forest Medical Center—Winston-Salem

Ohio

The Ohio State University—Columbus

University of Cincinnati—Cincinnati

Pennsylvania

University of Pennsylvania—Philadelphia

University of Pittsburgh—Pittsburgh

Tennessee

Vanderbilt University—Nashville

Utah

University of Utah—Salt Lake City

Virginia

University of Virginia—Charlottesville

For More Information

Thank you for your
interest in the ENLITE
PD Study!



If you have any more questions, or
are interested in being in this
research study, please contact
Poonam Prasad at
psprasad@ucdavis.edu or
916-734-5057.

Information can also be found on
the NeuroNEXT website:
<http://www.neuronext.org>
UC Davis Health



ENLITE PD

Evaluating a Novel Light Therapy
Intervention to Ease Non-Motor Symptoms
of Parkinson's Disease

The study is coordinated by
NeuroNEXT, the Network for
Excellence in Neuroscience
Clinical Trials, with support
and funding from the National
Institute of Neurological
Disorders and Stroke
(NINDS),
a division of the National
Institutes of Health (NIH)



What is the purpose of the study?

Sleep problems are some of the most common non-motor symptoms reported in patients with Parkinson's Disease (PD). Disrupted sleep affects your quality of life, mood, performance, and risk for accidents. The goal of this trial is to test the best amount of Light Therapy to improve sleep in Parkinson's Disease patients.

What is Light Therapy?

Light Therapy uses light and not medicine to treat a problem. Light Therapy has successfully been used for people with seasonal affective disorder, jet lag, and shift work. In this study Light Therapy will be delivered by the SunRay Light Box provided by the SunBox Company.



Why Light Therapy for Parkinson's Disease?

Light is the most important coordinator of sleep-wake cycles and these cycles are not coordinated in PD. Patients with PD see less light during the day and have changes in their eyes that lowers the amount of light that enters the eye. Therefore, Light Therapy, may be able to help sleep-wake cycles in PD and improve sleep, fatigue, and other symptoms associated with PD.

Who can participate in the study?

- You must be 45 years or older
- You must have a diagnosis of Parkinson's Disease
- You must have problems with sleep

The study coordinator will provide you with a full list of requirements for participation.

What will happen if I choose to be in the study?

If you join the study, you will have 5 research visits and 3 phone calls, including a screening visit, over a 4-month period. You will be asked questions about your Parkinson's Disease symptoms. You will also be asked to wear a wristwatch-like device that records sleep and light exposure for 4 months. You will be assigned a Light Therapy treatment and you will be given a Light Box for 8 weeks so you can do your Light Therapy sessions at home.

You will come to research visits every 4 weeks. At these visits, you will answer questions about your symptoms of Parkinson's Disease, sleep problems, and quality of life.

What are the risks of the study?

Light Therapy is in general well-tolerated. Most commonly reported side effects last only a short time and include:

- Headaches
- Eye Strain
- Blurred Vision
- Nausea
- Jitteriness

Please ask the study coordinator to discuss risks in more detail.

What are the benefits of the study?

You may or may not benefit from taking part in this research study. It is possible that your Light Therapy will improve your sleep problems it is also possible that your symptoms will not improve. Others who have Parkinson's Disease may benefit in the future from what we learn in this study.

Will I be paid to take part in the research study?

We understand that you may have to pay for travel, parking, and meals in order to come to your clinic visits. To help with these costs, we will pay you \$50 for each visit. The maximum amount you will be paid if you complete all study visits is \$250.