

Want a Good Night's Sleep?

A three month trial is being launched by MK company It does lighting ltd. They're looking for 100 participants to take part in vital research to explore how lighting can dramatically improve your health.

MD, Lorraine Calcott, is leading the study to establish if LED full spectrum artificial circadian light can retrain our body clocks to minimise health risks, improve sleep and, therefore, our overall health.

The research could benefit conditions such as infertility, jet lag, insomnia and those who live with Alzheimers and autism. The aim is to reach as many diverse groups as possible; shift and care workers, the emergency services, armed forces, office workers and school children. The team in my office have already signed up for the trial.

This innovative research has the potential to change people's lives and if we can find a way in which to improve our well-being by a simple change of light source, then we're thrilled to be part of the study.

Want to take part? You must be working and aged between 25-80 years old. If you meet the criteria, you'll be entered into a draw to win £250 of shopping vouchers. Sponsors and partners are also being called upon to share in this ground-breaking research whose findings could potentially have unprecedented life changing results.

Go to <http://itdoes.co.uk/> call 01908 698869 or email information@itdoes.co.uk