

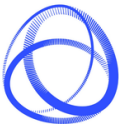
CHiP-D Study



Sleep And Circadian Health Disturbances In Psychosis And Depression: The Cascading Impacts Of Impairments In Cognitive Control

**KENT AND
MEDWAY
MEDICAL
SCHOOL**

University of
Kent



Canterbury
Christ Church
University



UNIVERSITY OF
LIVERPOOL

NHS
South London
and Maudsley
NHS Foundation Trust

NHS
Kent and Medway
Mental Health
NHS Trust

Funded by the Wellcome Trust



chip-d@kmms.ac.uk

Participants Needed

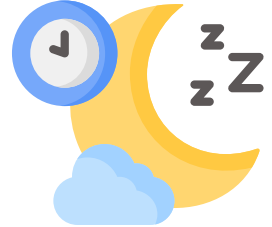
Who are we looking for?

People who work standard daytime hours (e.g. 9am-5pm) or rotational shift workers



Objectives

We want to understand how your sleep patterns influence your cognitive and emotional well-being



Rewards

Receive up to £210 in vouchers and a summary report of your sleep!



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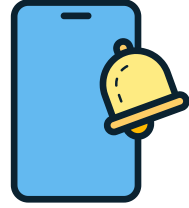
What's involved?



Sleep +
Activity



Light
Monitor



Daily
Diaries

During **each season** of the year, for **2 weeks** you will:

- Wear cutting-edge devices to track your sleep and light exposure
- Fill in short daily diaries on your phone
- Provide saliva samples on 3 days. These samples are taken at home and will help us understand your sleep-wake timings

At the end of each 2 week period you will be invited to have a brain scan to understand how sleep impacts your brain structures.



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How to take part

If you are interested in taking part, please email us or scan the QR code to sign up:



chip-d@kmms.ac.uk

