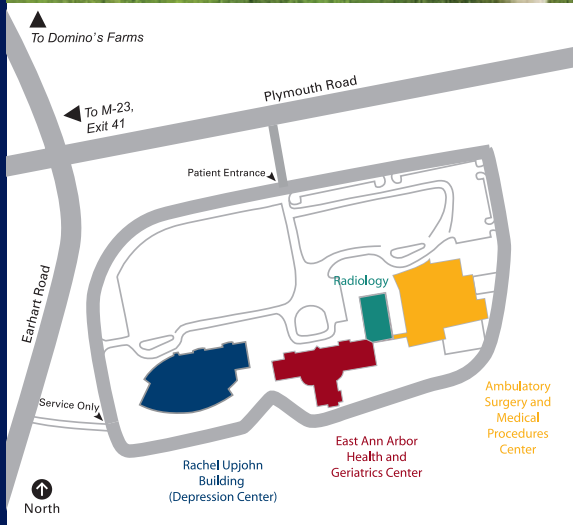


The Sleep & Chronophysiology Lab is located in the Rachel Upjohn Building on the campus of the U-M East Ann Arbor Health Center at Plymouth and Earhart Roads.

SLEEP & CHRONOPHYSIOLOGY LABORATORY



U-M Sleep & Chronophysiology Laboratory

Rachel Upjohn Building
4250 Plymouth Road
Ann Arbor, MI 48105-0766
734-764-2256 phone

www.depressioncenter.org

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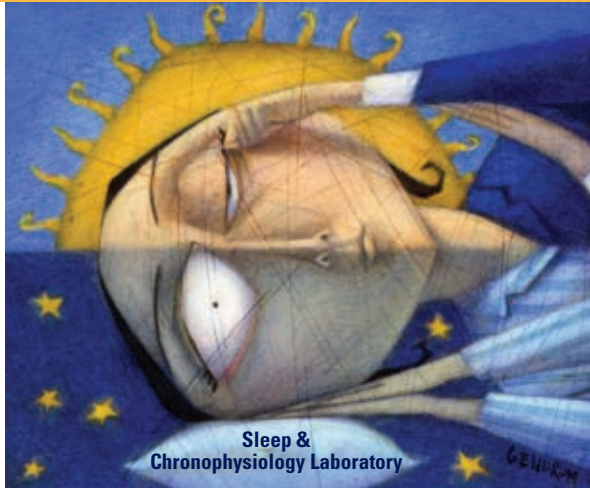
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PURPOSE OF THE SLEEP LAB

The Sleep & Chronophysiology Laboratory at the University of Michigan is an eight bed research facility that investigates sleep and biological rhythm regulation from childhood through adulthood. We have a strong interest in the biological risk factors for depression and how a major depressive disorder affects the sleep of both children and adults.

Our laboratory is equipped with two unique sleep spaces: six single bedroom labs with bathrooms, and two biological rhythm suites each with living room, bedroom and bathroom, kitchen with a microwave and stove-top, and a very comfortable environment conducive for sleeping away from home. Most of our studies require a minimum of two overnight sleep studies. Insomnia and biological rhythm problems are also a focus of our clinical service and research program.

GENERAL ELIGIBILITY REQUIREMENTS FOR RESEARCH PARTICIPATION

- Generally medically healthy
- Ability to participate in psychiatric evaluation (approximately 1-2 hours)
- Ability to spend 1-4 consecutive nights in the Sleep Lab (varies with study)

GENERAL EXCLUSION CRITERIA

- Sleep disorders such as sleep apnea, narcolepsy, and restless legs syndrome
- TMJ / Bruxism
- Medical or neurological illnesses (e.g., hypothyroidism, diabetes mellitus, seizure disorder, history of stroke)
- History of severe head injury (loss of consciousness for more than 5 minutes)
- Pregnancy
- Recent suicide attempt
- Shift work

CURRENT STUDIES IN THE SLEEP LAB

Studies are conducted on infants, children, adolescents and adults of all ages, including healthy individuals and those with psychiatric illnesses.

BEHAVIORAL SLEEP MEDICINE CLINIC

The Sleep Lab also has an affiliated behavioral sleep medicine clinic for sleep problems such as insomnia, hypersomnia, circadian rhythm disturbances and shift work.

For an appointment or information on the behavioral sleep medicine clinic, please call 734-764-0231 or 800-525-5188.

SLEEP & CHRONOPHYSIOLOGY LABORATORY STAFF

Roseanne Armitage, Ph.D.
Director

Robert Hoffman, Ph.D.
Associate Director

J. Todd Arnedt, Ph.D.
Director, Behavioral Sleep Medicine Program

Holli Bertram, M.S.W.
Study Coordinator

INTERESTED IN RESEARCH?

If you are interested in participating in any of our research studies, please contact the Sleep Lab directly at 734-764-2256.

For more information about the Sleep Lab, please visit www.depressioncenter.org.

For more information 734-764-2256 or www.depressioncenter.org