

New Research Study Needs People who long for the weekends to sleep

The Woolcock Institute of Medical Research is investigating people who don't get enough sleep during the working week and then "catch-up" on the weekend.

A/Prof Peter Liu, Chief Investigator, Woolcock Institute, said, "It is increasingly common for people to work longer hours and get less sleep during the week. The 'Catch-up Study' will look at the duration and quality of sleep people get and the impact this has on their metabolic system, including the risk of diabetes".

The study will be the first to use the Woolcock Institute's new state of the art Circadian Research facilities.

The study is looking for men aged between 18 and 50 who sleep significantly more at the weekends than during the working week. People participating in the study will be required to stay at the new facilities over two separate weekends. Sleep researchers will monitor and alter their sleep schedules, and reduce the amount of deep sleep they have.

The participants will have measurements taken of their insulin and hormone levels and how the body responds to sugar. They will also test how sleep deprivation impacts on daytime concentration, brain and memory function and driving skills.

Dr Roo Killick, Associate Investigator, said, "There is some evidence that restricting the amount of sleep we get can predispose us to developing glucose resistance and subsequent diabetes. This study will help answer these questions".

Participating in this study will be ideal for people who need to lock themselves away in hotel like facilities for a weekend to complete an assignment or for those that want peace and quiet and time to read a book.

Dr Killick said, "Meals will be provided to ensure their carbohydrate content is standardised, allowing researchers to test responses to glucose and identify possible diabetes risk".

This study will hopefully shed light on whether our modern, busy lifestyles are "catching-up" with us and possibly putting our health at risk.

People wishing to volunteer for the study can call (02) 9114 0499 or email volunteers@woolcock.org.au.

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