



## List of studies utilizing AYO

Novalogy Inc. is present as technology provider in the circadian light therapy field since 2018. Our flagship product: AYO wearable light therapy device, is used as a primary light therapy intervention in various studies and boasts real-time compliance tracking and sham capabilities. AYO device has been used in 13 studies, with 3 additional studies currently being set up to start in 2023.

To ensure that study protocols are rigorously adhered to, our device is used in conjunction with an intuitive AYO science app. The app enables participants to seamlessly initiate their light therapy sessions within the programmed timeframe, receive helpful reminders, and prevents misuse of the device.

Below is the list of studies utilizing AYO, presented in alphabetical order:

- Buffalo university, study focused on the effects of bright light therapy on circadian rhythms, sleep, and fatigue in cancer survivors. Leading researcher: Dr. Carleara Weiss (in preparation, placebo and effective devices, participants up to 50)
- City of Hope, multiple locations, study on using circadian light therapy for sleep and cancer related fatigue. Leading researcher: Dr. William Dale (ongoing, up to 200 participants, effective and placebo devices)
- M.D Anderson Cancer Center study on treating cancer related fatigue. Leading researcher: Dr. Sriram Yennu (ongoing, up to 300 participants, effective and placebo devices, double blind)
- Michigan State University study on using blue light therapy for university students to improve concentration. Lead researcher: Dr. Hanne Hoffman (80-100 participants, effective and placebo devices)
- Mount Sinai & Memorial Sloan Kettering Cancer Center study on sleep and cancer-related fatigue, led by Dr. William Redd (status: phase 2 has been internally completed, participants: 300; placebo and effective devices)



- Northwell Health, study on energy and fatigue in the general population (status: phase 1 has been internally completed, participants: 70; placebo and effective devices)
- Queensland Academy of Sport (Australia) study on improving athletic performance led by Dr. John P. Sullivan (status: terminated, participants 20, no control group, just effective devices)
- Reykjavik University study on improving sleep quality led by Professor Heiðdís B Valdimarsdóttir (status: awaiting publishing, positive findings, abstract available; effective and placebo devices)
- St. Jude study focused on the effectiveness of light therapy on pediatric cancer patients undergoing hospital recovery for 28 days, leading researcher: Dr. Andrew Elliott (in preparation; placebo and effective devices, participants: up to 50)
- University of Alabama at Birmingham clinical trial on the effects of bright light therapy on circadian rhythms in adults with type 2 diabetes. Leading researcher: Courtney M. Peterson (ongoing, up to 200 participants; effective devices only)
- University of Arizona (SCAN) and the US DoD, presumably world's largest blue light study aimed at mood (depression), sleep and health. Lead researcher: William D. "Scott" Killgore (in preparation, approx. 400 participants/military personnel, effective and red placebo devices)
- University of California, Irvine, study focused on pilot study on treating insomnia and circadian rhythms on Alzheimer's Disease risk patients. Leading researcher: Ariel Neikrug (internally completed, placebo and effective devices, participants up to 50)
- US Department of Defense study on alertness, sleep and cognitive performance in the navy personnel operating in submarine environment (status: finished, internally published, positive findings, participants 50, only effective devices used).