



## List of studies utilizing AYO

The AYO technology is built upon over three decades of rigorous scientific research conducted at esteemed institutions worldwide, including Harvard University, Oxford University, and NASA.

As trailblazers in the realm of Circadian Health, AYO is at the forefront of reshaping the landscape of health and wellness. Committed to collaboration with research and clinical partners globally, AYO strives to advance the understanding and application of circadian light therapy.

Since 2018, AYO has played a pivotal role as a leading technology provider in circadian light therapy. Our contributions have been recognized with numerous awards and accolades, solidifying our position as an innovation leader in Circadian Health.

Below is a curated list of some of the most notable studies conducted with AYO technology (in alphabetical order):

1. Buffalo University, study focused on the effects of bright light therapy on circadian rhythms, sleep, and fatigue in cancer survivors.
2. City of Hope, multiple locations, study on using circadian light therapy for sleep and cancer-related fatigue.
3. City of Hope, Dana Farber, Wake Forest University, and University of Rochester study on reducing cancer-related fatigue and depression in prostate cancer patients.
4. M.D Anderson Cancer Center study on treating cancer-related fatigue.
5. Michigan State University study on using blue light therapy for university students to improve concentration.
6. Mount Sinai & Memorial Sloan Kettering Cancer Center study on sleep and cancer-related fatigue.
7. Northwell Health, study on energy and fatigue in the general population.
8. Queensland Academy of Sport (Australia) study on improving athletic performance.
9. Reykjavik University study on improving sleep quality and reducing sleep problems ([FINALIZED](#))
10. St. Jude study focused on the effectiveness of light therapy on pediatric cancer patients undergoing hospital recovery.
11. University of Alabama at Birmingham clinical trial on the effects of bright light therapy on circadian rhythms in adults with type 2 diabetes.
12. University of Arizona (SCAN) and the US DoD, presumably the world's largest blue light study aimed at mood (depression), sleep, and health.
13. University of California, Irvine, study focused on a pilot study on treating insomnia and circadian rhythms in Alzheimer's Disease risk patients.
14. US Department of Defense study on alertness, sleep, and cognitive performance in the navy personnel operating in submarine environment ([FINALIZED](#))
15. Washington University, John's Hopkins University, and Ohio State University study on sleep and performance in academic and business settings.