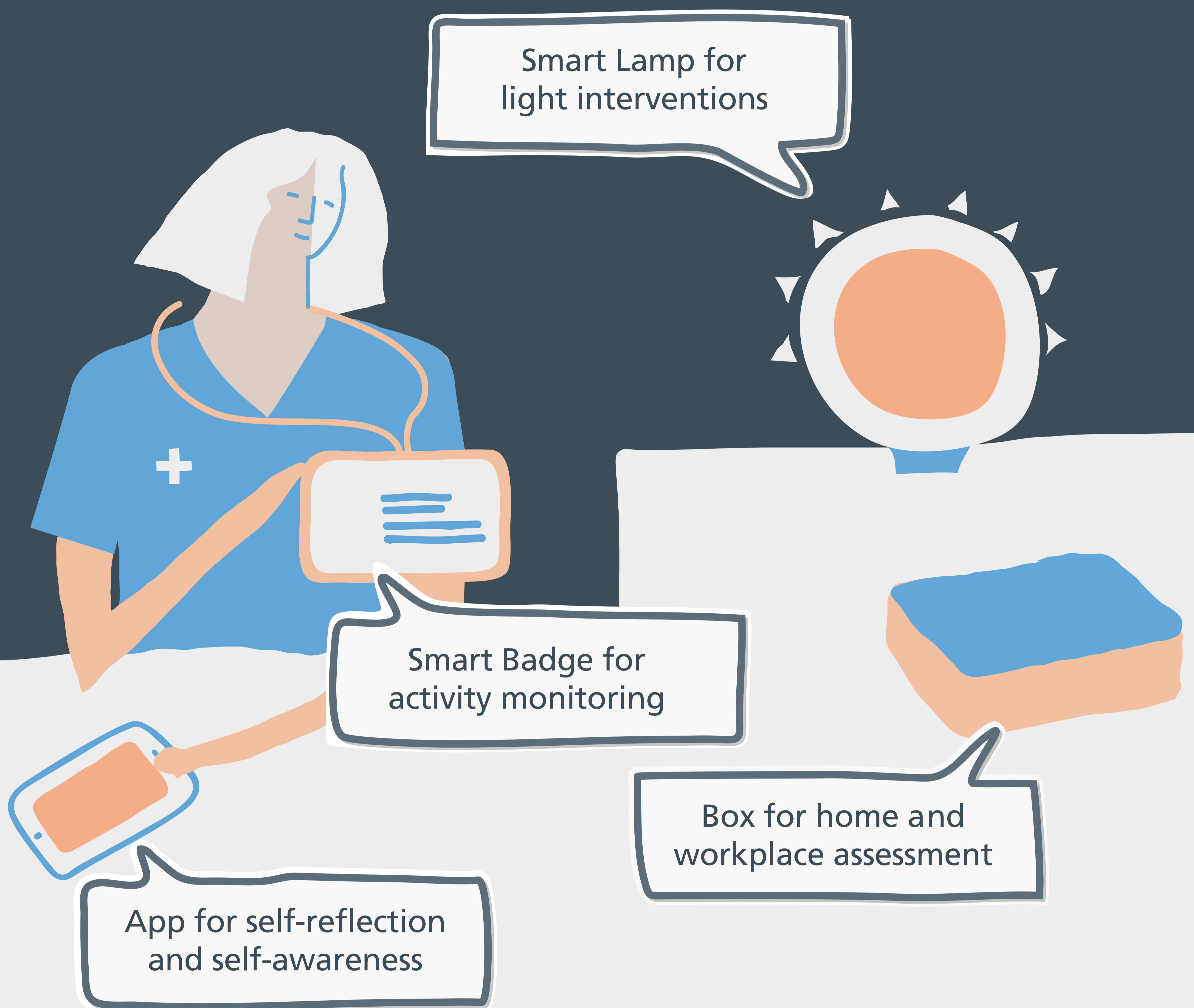


CLOCKWORK

SMART SYSTEM FOR THE MANAGEMENT AND CONTROL OF SHIFT WORKERS' CIRCADIAN RHYTHM



Main Goals

Understand the challenges and issues of shift workers.

Co-design tools that enable light therapy interventions.

Co-design tools that support the self-awareness and self-reflection.

Evaluate the developed tools with shift workers.

www.clockworkproject.eu

PARTNERS



FUNDING ENTITIES

