



## Effective Health Care

### Effect of light shade on melatonin suppression

### Nomination Summary Document

#### Results of Topic Selection Process & Next Steps

- *Effect of light shade on melatonin suppression* does not fit within the domain of the Effective Health Care (EHC) Program because the topic does not address a specific therapeutic or diagnostic intervention. No further activity will be undertaken on this topic.

#### Topic Description

**Nominator(s):** Individual

**Nomination Summary:** Nominator states that research has shown that room lights suppress melatonin, affecting the body's circadian rhythm. Nominator is interested in primary research on the effect of shaded room lights on the body's melatonin levels and circadian rhythm.

**Key Questions from Nominator:** Does exposure to shaded room lights impact the body's melatonin levels and circadian rhythm?

#### Considerations

- The Agency for Healthcare Research and Quality (AHRQ), through its Evidence-based Practice Centers (EPCs), sponsors the development of systematic reviews to assist public- and private-sector organizations in their efforts to improve the quality of health care in the United States. These reviews focus attention on the evidence from research studies about the effectiveness and safety of a clinical intervention.
- The topic does not meet EHC Program appropriateness criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)