
Welcome to myCircadianClock

A new type of app that helps track your daily rhythm while contributing to research.

About this study

Welcome to myCircadianClock. Research has shown that our daily eating and sleeping patterns can affect health and determine our long term risk for various diseases. This app is part of a research project which uses the smartphone to advance research into circadian rhythm in the real world, while also helping you track your sleeping pattern, eating pattern, weight and wellbeing.

myCircadianClock helps you keep track of daily behaviors important for maintaining a healthy life, such as eating, sleeping, and taking your supplements and medications. Data that you share through the app as part of a research study will help researchers understand how daily timing of eating, sleeping and taking medications or supplements influence health and wellbeing. At the same time, the app provides personalized insights into how these daily patterns relate to your body weight, a subjective measure of wellbeing.

Who is running this study

The sponsor of this study is the Salk Institute for Biological Studies at La Jolla, California.

Who is eligible to participate


This study is open to adults ages 18 and over who live in the United States.

How this study works

myCircadianClock is a user-friendly app which tracks your daily patterns.

You will be asked to record your health behaviors:

- * Use the app to track everything you eat and drink. Yes, everything including a cup of water, handful of chips, a piece of a cookie, candy, supplements, etc.
- * Use the app to log your sleep and activity/exercise.
- * Survey questions will periodically ask you about general health, sleep quality, and how you feel about your overall quality of life.
- * Insights into your Circadian Clock: After at least 10 days of collecting data, myCircadianClock will start providing insight into your eating and sleeping patterns.
- * Logging other health records. You may record your weight, blood glucose, and blood pressure periodically and track these health parameters over time if you wish. This is not a requirement of the study but may be helpful.

myCircadianClock encrypts your data, separates it from your identity, and aggregates your data to a secure research database.  The database analyzes the data. Additional details about how we protect study data as well as your identifiable information is outlined in the informed consent document. This research project will create an unprecedented database of daily behaviors and health status from people just like you. Studying all of this real-world data will help researchers better understand the complex relationships between sleep, diet and healthy living. It will also provide insight into how smartphones can enable new kinds of clinical research.

Because myCircadianClock is both an app and a research study, we will explain the risks and benefits of the study as part of an informed consent process.

What happens next

In the next pages you will answer two sets of brief questions to verify your eligibility.

If you are eligible to participate, you will tell us a little about yourself.

Next if you consent to participate, we will email you the study consent document and a unique activation code.

You will download the app from Appstore or Google Play, and use your email and code to activate the app.

I am ready to do this! 