



# HEALTHY LIFESTYLES IN BIPOLAR STUDY

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## About

UC Berkeley's CALM Program is launching a large research study on how dietary interventions, when added to medication, can help promote stability and quality of life for people with bipolar disorder.

This study will assess the benefits of two approaches to eating: Time-Restricted Eating and the Mediterranean Diet.

## Requirements

- Must be 18-65 years old.
  - Diagnosed with and receiving treatment for bipolar disorder.
  - Experiencing some issues with sleep or keeping daily routines.
  - Access to a working smartphone with a camera.
  - Additional criteria may apply.
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## Interested?

[calm.berkeley.edu/participate](https://calm.berkeley.edu/participate)  
[calmprogram@berkeley.edu](mailto:calmprogram@berkeley.edu)  
(510) 542-8969

*All information you provide will be kept confidential. You do not need to provide any sensitive personal information when contacting us.*





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