nAMD Clinic Visit 1
→ Potential participants given trial information sheet by ophthalmologist (n=240)

nAMD Clinic Visit 2
→ Consenting participants screened for eligibility (n=120)

Excluded (n=60)
→ Not meeting inclusion criteria
→ Declined to participate
→ Other reasons

nAMD Clinic Visit 3
→ Baseline Outcome Measures
→ RANDOMISATION (n=60)

Intervention (n=30)
→ Participants receive light mask

→ Monthly follow-up appointment following routine nAMD Clinic to replace light mask, assess safety, fidelity and sleep quality

Control (n=30)
→ Participants do not receive light mask

→ Monthly follow-up appointment following routine nAMD Clinic to assess sleep quality

12 Month nAMD Clinic Appointment (n=25)
→ Final Outcome Measures

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