| First Author, Year | Countries of Research | Sample Demographics | Method | Sleep Measures | Laboratory Design | Findings |
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| Cajochen, 2013 | Switzerland | N=33<br>17 young volunteers, 9F 8M, Age 20-31, mean=25±3.6y.<br>16 older volunteers, 8F 8M, Age 57-74, mean=65±5.5y. | 1 baseline week at home followed by 2 baseline nights in the lab. Next a sleep block protocol with 40 hours awake in the lab and 40 hours sleeping/napping in the lab with at least 1 week between. | EEG Data<br>Sleep duration<br>Cortisol levels<br>Subjective Sleep via LSEQ | Performed in sleep laboratory in Switzerland | Around full moon: ~20 minutes less sleep time, 5 minute longer sleep latency, -30% delta activity during deep sleep |
| Chaput, 2016 | Australia, Brazil, Canada, China, Colombia, Finland, India, Kenya, Portugal, South Africa, United Kingdom, United States | N=5812<br>Age 9-11<br>54.3%F  45.7%M | Actigraph Data via Actigraph GT3X + accelerometer.  Device worn around waist for 7 days including weekends.  Only removed out of necessity. | Sleep duration | None. Participants slept in own homes | Sleep duration was 4.9 minutes/night shorter at full moon than new moon. |
| Cordi, 2014 | Germany | Data Set 1: N=366, 164F<br>Age 18-74, mean=34.2±15.3<br>Data Set 2: N=29, 10F<br>Age 20-43, mean=25.7±5.2<br>Data Set 3: N=870, 588F<br>Age 18-35, mean= 22.6±3.6 | 1: Subjects were given adaptation nights in the lab.  Arrive from 19:00-21:00 for electrode placement then allowed to sleep from 23:00-7:00.<br>2: Identical to 1 except that bedtimes were shifted based on personal habit.<br>3: Subjects used portable EEG at home. | EEG Data<br>Sleep duration | For data sets 1 & 2.  3 was done at home | No statistically significant correlations between sleep measures and lunar phases. |
| Haba-Rubio, 2015 | Lausanne, Switzerland | N=2125<br>51.2%F | EEG data was taken at home with salivary cortisol tests taken at awakening, 30 minutes after, at 11:00, and finally at 20:00.  Subjective quality was rating using an ordinal ranking (Excellent, Good, Average, Bad). | EEG Data<br>Sleep duration<br>Subjective Sleep Quality<br>Salivary Cortisol Levels | None, Polysomnography done in-home | No statistically significant correlations between lunar phase and sleep measures. |
| Monica, 2015 | Surry, United Kingdom | N=205<br>114F,  91M<br>Age 20-84, mean= 47.47±19.01 | Sleep diaries were kept 2 weeks prior to the study.  Participants needed to keep a bedtime of 22:00-00:00 and sleep duration of 6.5-8.5 h.<br>Participants slept from 23:00-7:00 in windowless sleep laboratories.  Subjective sleep quality was measured at waking via 100-point Visual Analog Scale (VAS) | EEG Data<br>Sleep duration<br>Subjective Sleep Quality | Yes.  Performed in windowless, sound-attenuated, temperature controlled sleep laboratories. | No statistically significant correlations between sleep measures and lunar phases. |
| Refinetti, 2016 | Ghana, South Africa, Jamaica, Seychelles, United States | Ghana: N= 207, Mean Age= 34.6 ±6.7<br>S. Africa: N= 236, Mean= 33.7±5.6<br>Jamaica: N=249, Mean= 34.0±5.9<br>Sychelles: N=230, Mean= 36.5±5.1<br>US: N=245, Mean=35.6±6.2 | Accelerometers were worn around the waist for 8 straight days. | Actigraph data | No, actigraph data was measured at home. | No statistical effect between human biological rhythms and lunar phase |
| Roosli, 2006 | Basel, Switzerland | N=31<br>18F 13M<br>Age 16-80, Mean=50±16 | Participants completed a structured diary before sleeping and immediately after waking.  Diary included sleep time, medications, caffeine and alcohol intake, and times they awakened at night. | Sleep duration<br>Times awake<br>Subjective Sleep Quality | No, all data were subjective and taken at home. | Average of 19 minutes shorter sleep duration during full moon.  68 minutes increased sleep duration on weekends.  Men generally slept longer than women. |
| Samson, 2018 | Northern Tanzania Mandena, Madagascar | N= 31 adults from Hadza tribe<br>N= 21 Malagasy Adults | Participants wore the CamNtech Motionwatch 8 actigraph with data epochs on a 1-minute basis. | Sleep duration | No, research was done in the participant's homes. | Fuller moon phases were strongly associated with lower activity between 00:00 and 2:00, and less activity between 11:00 and 14:00.  Hadza also showed increases in sleep duration around fuller moon phases. |

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| Sjödin, 2016 | Denmark | N=795 children 51.8%M age 8-11 Mean Age=10±.6 | Participants wore and ActiGraph tri-axis accelerometer on the right hip for 7 days and 8 nights. Parents kept logs of bedtime and waking time for children while monitor was worn. | Sleep duration | No, participants slept in their own homes. | Sleep duration was 2.4 minutes longer at half moon compared with full moon, and 4.1 minutes longer when compared to new moon. |
| Smith, 2016 | Germany | N=1411 children 54%F 46%M Age 14-17 Mean=15.6±.52 | To measure accelerometry data, participants wore a motion sensing device on their dominant hip for 1 week. They also kept a log of their bedtime and time of awakening and ranked their sleep quality on a scale from 1-6. | Sleep duration Subjective Sleep quality | No, participants slept in their own homes. | No significant association between lunar phase and sleep. Boys averaged .15hr more time in bed at full moon compared to quarter, and .09 more at new moon. Both sexes reported better sleep quality at new moon and worse at full, compared to quarter. Girls reported best sleep during quarter moon in winter. |
| Smith, 2014 | United States | N=47 Mean age=23.3±2.9 | Participants lived in a private sleep laboratory which was designed to simulate an apartment. They could live as normal until they arrived at 20:00 each evening for attachment to the EEG. Sleep attempts began at 23:00 and they were awakened at 7:00. Naps were prohibited outside of sleep time. | EEG Data Sleep duration | Yes, rooms were windowless, noise-resistant, and had a constant temperature. Laboratory was made to simulate regular apartment. | Men took 35-40.5 minutes longer to fall asleep around full moon, and slept for 51 minutes less They also had increases in N1 (light sleep) and decreases N2 (intermediate sleep) around full moon. REM latency was longest at new moon. |
| Turányi, 2014 | Hungary | N=319 45.1%F Mean age=47.8±13.5 | Participants slept in a sleep laboratory from 9pm to 6am on weekdays. The original 319 were split into 3 groups, 47 were measured during full moons, 48 during new moons, and the remaining 224 were emasured at alternate lunar phases. | EEG Data Sleep Duration Times awake Sleep latency Amount of light & deep sleep Subjective Sleep Quality via AIS, CES-D, SSS, and a sleep log. | Yes, study was done in a light, temperature, and sound controlled sleep laboratory. | Shorter duration of deep and REM sleep and increased instances of waking around full moon. Increases in sleep latency were also present. No significant difference in objective sleep measures. |