

# The thermoneutral zone- Can we use ambient temperature to aid health

ACTRN12616001459415

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**Status** RECRUITING  
**Sponsor** Terry O'Donnell  
**Enrollment** 40 participants

## Plain Language Summary

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This study is looking at the "thermoneutral zone" — the range of temperatures at which the body doesn't have to work hard to stay warm or cool down — and whether spending time in slightly cooler environments can help people burn more calories and manage their weight. Researchers will measure energy use, body temperature, and other health data at different room temperatures.

You may be eligible if:

- You are between 18 and 60 years old
- You are generally healthy (male or female)
- Your BMI is between 18 and 30

You may NOT be eligible if:

- You have a major heart or cardiovascular disease
- Your BMI is above 30
- You are pregnant
- You have diabetes
- You take prescription medications that affect the nervous system's automatic functions

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (3)

- Aged 18-60 years old
- Healthy Male or Female
- BMI of 18-30

### Exclusion (5)

- Major cardiovascular diseases
- Obesity (BMI >30)
- Pregnant woman (due to DXA scan)
- Diabetes
- Prescription medications which may affect autonomic function

## Locations (1 total)

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Wellington, New Zealand

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616001459415>

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