

Transcranial Electrical Stimulation (TES) at Slow Oscillation (SO) Frequency During NREM Sleep

NCT02945501

Status	RECRUITING
Phase	Not Applicable
Sponsor	U.S. Army Medical Research and Development Command
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (2)

- Healthy men and non-pregnant, non-lactating women 18 to 39 years of age (inclusive)
- Must demonstrate adequate comprehension of the protocol, by achieving a score of at least 80% correct on a short multiple-choice quiz. Individuals who fail to achieve a passing score on the initial quiz will be given one opportunity to retest after a review of protocol information. Individuals who fail the comprehension assessment for the second time will be disqualified.

Exclusion (35)

- Self-reported habitual nightly sleep amounts outside the target range of 6 - 9 hours (i.e., less than 6 hours per night or more than 9 hours per night, on average) (Post-consent Checklist)
 - Self-reported nighttime lights-out times earlier than 2100 hours on average during weeknights (Sunday through Thursday) or later than 2300. (Post-consent Checklist)
 - Self-reported morning wake-up times later than 0800 on average during weekdays (Monday through Friday) (Post-consent Checklist)
 - Self-reported habitual napping (> 1 time a week in conjunction with normal sleep habits) (Post-consent Checklist)
 - A rating of 6 or below on question 2 or 3 of the Nonrestorative Sleep Scale, indicating the subject experiences relatively non-refreshing sleep
- ... and 30 more (see full listing online)

Locations (1 total)

Naval Medical Research Center (NMRC) Clinical Trials Center, Bethesda, Maryland, United States