

# Project REST: Regulation of Eating and Sleep Topography

NCT04057716

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Pittsburgh
Enrollment	120 participants

## Key Eligibility Criteria

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### Inclusion (2)

- at risk for obesity (BMI  $\geq$  85th percentile for age and sex OR BMI  $\geq$  50th percentile for age and sex with at least one obese parent)
- average time in bed between 9.5-10.5 hours/night

### Exclusion (4)

- previous eating disorder diagnosis and/or sleep or psychiatric conditions
- conditions affecting executive functioning (e.g., recent concussion, traumatic brain injury)
- taking medication known to affect sleep/appetite (e.g., antihistamines, stimulants)
- receiving concurrent treatment for sleep or overweight/obesity

## Locations (2 total)

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University of Pittsburgh, Pittsburgh, Pennsylvania, United States  
Weight Control & Diabetes Research Center, Providence, Rhode Island, United States