

# Sleep and Glycemic Control in Type 2 Diabetes Adolescents

NCT04213547

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Children's Hospital of Philadelphia
<b>Enrollment</b>	90 participants

## Plain Language Summary

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This study is examining the relationship between sleep duration and blood sugar control in teenagers and young adults with Type 2 diabetes, and whether improving sleep can lead to better diabetes management.

**\*\*You may be eligible if...\*\***

- You are 12 to 20 years old
- You have been diagnosed with Type 2 diabetes (not Type 1)
- Your blood sugar is somewhat controlled (HbA1c at or below 10%)
- You are getting less than 8 hours of sleep per night on average (for the sleep intervention phase)
- Parents or guardians of eligible children are also invited to participate

**\*\*You may NOT be eligible if...\*\***

- You have Type 1 diabetes or autoimmune diabetes
- You are suspected of having obstructive sleep apnea
- Your adherence to treatment is poor
- You are unwilling to participate

Talk to your doctor to see if this trial is right for you.

## Key Eligibility Criteria

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### Inclusion (15)

- Aim 1 for child:
  - Subjects age 12-20
  - Diagnosed with T2DM by standard laboratory criteria without pancreatic autoimmunity
  - Low probability of obstructive sleep apnea (OSA) assessed via validated sleep survey
  - Subjects will be included if they are taking T2DM treatments (i.e., diet modification, Metformin and/or insulin)
- ... and 10 more (see full listing online)

### Exclusion (19)

- Aim 1 for child:
- Non-English speaking subject (as questionnaires used are validated in English)
- Institutionalized patients as sleep duration will not be of their own accord, and therefore is not generalizable to the rest of the adolescent T2DM population.
- Patients with other forms of Diabetes Mellitus (e.g. Type 1 Diabetes)
- Behavioral disorders that may affect data collection (e.g. autism spectrum disorder) will be determined on a case-by-case basis. These include patients that are unable to answer questionnaires on their own, participate in a sleep diary, wear devices and/or understand incentives.

... and 14 more (see full listing online)

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<https://clinicaltrials.gov/ct2/show/study/NCT04213547>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://clinicaltrialsfinder.org).

