

Biomarkers of Increased Free Living Sleep Time

NCT04214184

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Utah
Enrollment	46 participants

Key Eligibility Criteria

Inclusion (6)

- years old; men and women
- a. Equal numbers of women and men will be included.
- Body Mass Index (BMI) of ≥ 18.5 and ≤ 24.9 .
- Inactive to habitual moderate physical activity level (≤ 5 days of exercise per week).
- Sleep/wake history: habitual sleep duration less than 6 hours per night.
- ... and 1 more (see full listing online)

Exclusion (10)

- Any clinically significant unstable medical or surgical condition within the last year (treated or untreated).
- Any clinically significant psychiatric condition, as defined by DSM-IV-TR. I
- Any clinically significant sleep disorder.
- Use of prescription medications/supplements within one month or need of these medications at any time during the study.
- Symptoms of active illness (e.g., fever).
- ... and 5 more (see full listing online)

Locations (1 total)

Sleep Wake Center--University of Utah, Salt Lake City, Utah, United States