

Menstrual-phase-dependent Differences in Response to Sleep Loss

NCT05381532

Status	RECRUITING
Phase	Not Applicable
Sponsor	Brigham and Women's Hospital
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (8)

- Female
- years old
- Regular menstrual cycle between 26-35 days in duration
- Not using any form of hormonal contraception for at least the prior 3 months
- Regular sleep patterns (7-9 hours/night)
- ... and 3 more (see full listing online)

Exclusion (7)

- Primary sleep disorder
- History of shift work
- Transmeridian travel in the previous 3 months
- Presence of acute or chronic disease, including but not limited to: diabetes, metabolic disorders, psychiatric illness, reproductive disorders
- Current pregnancy, < 6 months postpartum, and/or breastfeeding
- ... and 2 more (see full listing online)

Locations (1 total)

Brigham and Women's Hospital, Boston, Massachusetts, United States