

# Targeting Adolescent Insomnia to Lessen Overall Risk of Suicidal Behavior

NCT05390918

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Jeff Bridge
Enrollment	235 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Nationwide Children's Hospital patients
- Between the ages of 11 years, 0 months, and 18 years, 11 months, inclusive at time of consent
- Endorse both recent (past 90 days) suicidal ideation and sleep problems (past 30 days)
- Resides with primary caregiver who has legal authority to consent to research participation

### Exclusion (14)

- Suicide attempt in the past 3 months
- Diagnosis of Bipolar Disorder or Psychosis
- Having a change to an antipsychotic and/or mood stabilizer medication regimen within the last 2 months
- Snoring at least 3 nights per week that can be heard a room or two away, even without a cold or flu or during allergy season
- Gasping for air while sleeping, diagnosis of Obstructive Sleep Apnea, or turning blue within the past year
- ... and 9 more (see full listing online)

## Locations (1 total)

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Nationwide Children's Hospital, Columbus, Ohio, United States