

Forehead Temperature-Regulating Therapy for Insomnia in Adults With Tourette's Disorder

NCT05499741

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, Los Angeles
Enrollment	25 participants

Key Eligibility Criteria

Inclusion (7)

- DSM-5 diagnosis of Tourette's disorder
- DSM-5 diagnosis of Insomnia disorder
- Yale Global Tic Severity Scale Score \geq 14 for Tourette's disorder or \geq 10 for persistent motor tic disorder or persistent vocal tic disorder
- Insomnia Severity Index score $>$ 14
- Sleep efficiency \geq 85 per cent on 50 percent or greater nights over monitoring week, per Consensus Sleep Diary
- ... and 2 more (see full listing online)

Exclusion (13)

- Current or lifetime diagnosis of bipolar disorder, psychosis, or pervasive developmental disorder
- Suicidality, severe depression or anxiety, or alcohol or substance dependence present within the past 6 months
- Moderate to severe sleep apnea risk per score of \geq 3 on the Stop-Bang Questionnaire
- current diagnosis of Narcolepsy
- Wechsler Abbreviated Scale of Intelligence-Second Edition IQ score $<$ 80
- ... and 8 more (see full listing online)

Locations (1 total)

Semel Institute for Neuroscience and Human Behavior, University of California, Los Angeles, Los Angeles, California, United States

<https://clinicaltrials.gov/study/NCT05499741>

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