

# UCLA REST Study (REsearch on Sleep Techniques)

NCT05576090

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, Los Angeles
Enrollment	240 participants

## Key Eligibility Criteria

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### Inclusion (4)

- First or second year undergraduate student at UCLA
- Ages 18-22 years old
- Must live in the residential halls on UCLA campus
- Must have a score of 8 or above on the Insomnia Severity Index (ISI), indicating at least sub-threshold levels of sleep disturbance.

### Exclusion (3)

- Current diagnosis of mood or anxiety disorder as determined by the PHQ-8 or by the GAD-7 if score  $\geq 15$ ; or more on either measure
- Presence of medical conditions or use of medications that may influence sleep or inflammation (e.g., autoimmune disorder)
- Previous or current formal instruction in mindfulness meditation (e.g., MAPs, MBSR) or current sleep education program

## Locations (1 total)

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University of California, Los Angeles, Los Angeles, California, United States