

Caffeine Optimization Versus Standard Caffeine Dosage (2B-2)

NCT05588934

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Arizona
Enrollment	180 participants

Key Eligibility Criteria

Inclusion (2)

- Age 18-39 years of age
- Must demonstrate adequate comprehension of the protocol by achieving a score of at least 80% correct on a short multiple-choice quiz

Exclusion (29)

- Self-reported habitual nightly sleep amounts outside the target range of approximately 6-9 hours (i.e., less than 6 hours per night or more than 9 hours per night, on average)
- Self-reported nighttime bedtimes earlier than approximately 2100 hours on average during weeknights (Sunday through Thursday)
- Self-reported morning wake-up times later than approximately 0900 on average during weekdays (Monday through Friday)
- Self-reported habitual napping (> 3 times per week)
- Self-reported symptoms suggestive of a sleep disorder (to include but not limited to sleep disordered breathing/sleep apnea, narcolepsy, idiopathic hypersomnia, restless leg syndrome, parasomnias, rapid eye movement (REM) behavior disorder, etc.)
- ... and 24 more (see full listing online)

Locations (2 total)

University of Arizona, Tucson, Arizona, United States
University of Arizona Psychiatry Department, Tucson, Arizona, United States