

ImpaCt Of Shiftwork on METabolic Flexibility and Skeletal Muscle Clocks

NCT05820490

Status RECRUITING
Sponsor AdventHealth Translational Research Institute
Enrollment 45 participants

Key Eligibility Criteria

Inclusion (9)

- Age 21-45 yrs
 - Employed as a healthcare worker in either dayshift (N=15) or nightshift work (N=30).
 - Nightshift is defined as 12 months of consecutive nightshift work, who had 10 or more nightshifts per month (6 h between 10 PM and 8 AM, with no shift duration \gt 12 h).
 - Dayshift is defined as 12 months of consecutive dayshift work, who had 10 or more dayshifts per month (6h between 8 AM and 10 PM, with no shift duration \gt 12 h).
 - Weight Stable (+/- 3 kg over past 6 months)
- ... and 4 more (see full listing online)

Exclusion (35)

- Acute or chronic medical conditions or medication that would contraindicate participation in the research testing or could potentially affect metabolic function including, but not limited to:
 - History or presence of cardiovascular disease (unstable angina, myocardial infarction or coronary revascularization within 6 months, presence of cardiac pacemaker, implanted cardiac defibrillator)
 - Type 1 or Type 2 diabetes mellitus
 - Obesity (BMI \geq 30 kg/m²)
 - Bleeding and clotting disorders
- ... and 30 more (see full listing online)

Locations (1 total)

AdventHealth Translational Research Institute, Orlando, Florida, United States

<https://clinicaltrials.gov/study/NCT05820490>

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