

# Ketone Conferred Resiliency Against Sleep Restriction With Nutritional Intervention.

NCT06075914

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	Ohio State University
Enrollment	60 participants

## Key Eligibility Criteria

---

### Inclusion (5)

- Healthy, 18-40 years old.
- BMI: 20-35 kg/m<sup>2</sup>
- Sleep at least 7h per night.
- Willing to participate in ~9-weeks of testing and provided food.
- Willing to adhere to all study procedures.

### Exclusion (11)

- <18 or >40 years of age
- >35 body mass index (BMI).
- Diagnosed sleeping disorders (i.e., sleep apnea, insomnia).
- Gastrointestinal disorders or food allergies that would interfere with consuming the study supplements.
- Drink alcohol in excess of 3 drinks/day or 14 drinks/week
- ... and 6 more (see full listing online)

## Locations (1 total)

---

The Ohio State University, Columbus, Ohio, United States