

# Sleep as a Mechanism of Change in Alcohol Use

NCT06286774

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Missouri-Columbia
<b>Enrollment</b>	256 participants

## Key Eligibility Criteria

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### Inclusion (3)

- report heavy drinking in a typical week in the past month
- meet DSM-5 criteria for Alcohol Use Disorder
- meet DSM-5 and research diagnostic criteria for Insomnia Disorder

### Exclusion (6)

- e50years
- unable to provide informed consent
- report contraindications for CBT-I (mania or seizure disorder)
- moderate to severe sleep apnea that is untreated
- have symptoms requiring immediate clinical attention (e.g., psychosis, suicide plan)
- ... and 1 more (see full listing online)

## Locations (1 total)

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University of Missouri-Columbia, Columbia, Missouri, United States