

Effect of Sleep Extension on Body Weight and Learning in Children (More2Sleep)

NCT06341179

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Copenhagen
Enrollment	142 participants

Key Eligibility Criteria

Inclusion (3)

- Age: 6-12 years old (inclusive range).
- Weight status: having a BMI above average, defined as an age- and sex-specific BMI Z-score above zero using reference standards from the WHO.
- Sleep duration: sleeping ≥ 9 h/night on the basis of sleep diaries filled in by the children's parents, based on recommendations by the American Academy of Sleep Medicine and the Sleep Health Foundation.

Exclusion (8)

- Any genetic, neurological, endocrinological or psychiatric condition that affects growth, metabolism, eating behaviors, cognitive function, or body weight (for example: dwarfism, epilepsy, attention deficit hyperactivity disorder, head trauma, α -thalassemia, hypothyroidism, hyperthyroidism, type I diabetes).
- Any sleep-related disorder (for example: obstructive sleep apnea, parasomnias, narcolepsy, restless leg syndrome).
- Regular use of prescribed or over-the-counter medications that influence study outcomes.
- Irregular school schedule.
- If a child's parents live separately, the child is allowed to sleep at both households. However, if one of the parents does not wish to carry out the sleep intervention and follow given instructions, then the child should only sleep at their household Friday, Saturday and/or Sunday night.

... and 3 more (see full listing online)

Locations (3 total)

University of Copenhagen, Copenhagen, Denmark
University of Copenhagen, Copenhagen, Denmark
Faidon Magkos, Hvidovre, Denmark