

Whole Food Plant-based Diet Effect on Obstructive Sleep Apnea

NCT06395181

Status	RECRUITING
Phase	Not Applicable
Sponsor	Mayo Clinic
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (4)

- Daytime sleepiness with ESS score ≥ 5 .
- Patient's prior sleep study with AHI between ≥ 10 and ≤ 45 (4% scoring criterion).
- On treatment for OSA, failed or not willing to use all other OSA treatment options
- Has access to a weight scale at home or able to come into the Sleep Clinic to be weighed after the 8-week plant-based diet period.

Exclusion (6)

- Pregnancy or lactation.
- Current use of a vegan diet.
- BMI ≥ 22 .
- Complex, central sleep apnea.
- Pre-existing significant degree of cardio-pulmonary disease-heart failure with reduced EF of 35 or lower, unstable arrhythmia, severe degree of pulmonary hypertension, severe degree of obstructive or restrictive lung disease including COPD and Interstitial lung disease.

... and 1 more (see full listing online)

Locations (1 total)

Mayo Clinic Florida, Jacksonville, Florida, United States