

Effect of a Wrist-worn Device That Produces a Small Vibration on Sleep and Performance That Can Occur During and After Night Shift Work

NCT06665672

Status	RECRUITING
Phase	Not Applicable
Sponsor	Daniel Patterson, PhD, NRP
Enrollment	24 participants

Key Eligibility Criteria

Inclusion (8)

- are 18 years of age or older;
 - have not been diagnosed or told by a healthcare clinician that they have a medical condition that may impact their blood pressure or cardiovascular health/system;
 - can abstain from smoking tobacco or chewing tobacco / nicotine products during the protocol and data collection;
 - can abstain from alcohol and moderate to high intensity exercise during the protocol and data collection;
 - are not prescribed medications or take over the counter medications that may impact blood pressure or heart rate (a team physician will review any reported medications identified during screening);
- ... and 3 more (see full listing online)

Exclusion (15)

- An individual will be excluded if they report:
 - a medical condition or diagnosis that may impact their blood pressure or heart rate;
 - taking any standing medications or prescriptions, other than over the counter medications or contraceptives, that may impact their blood pressure or heart rate;
 - are unable to adhere to the study protocol that involves abstaining from alcohol, tobacco products (nicotine), and moderate to intense exercise during the study protocol and data collection periods;
 - have a physical condition that may limit use of non-invasive devices applied to the wrist, upper arm, or chest for data collection purposes.
- ... and 10 more (see full listing online)

Locations (1 total)

University of Pittsburgh, Pittsburgh, Pennsylvania, United States