

# A Pilot of a Personalized Circadian mHealth to Improve Sleep in Night Shift Workers

NCT06809335

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Henry Ford Health System
Enrollment	300 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Inadequate sleep duration (habitual sleep less than 7 hours during the day)
- Willingness to download the SHIFT app and follow the lighting recommendations
- Ability to follow a set sleep schedule of 7 hours in bed after the night shifts
- Working at least 4 night shifts a month
- Shifts that must begin between 18:00 and 02:00 and last 8 to 12 hours
- ... and 1 more (see full listing online)

### Exclusion (7)

- Other independent sleep disorders (e.g., obstructive sleep apnea, narcolepsy, etc.)
- History of seizures or other significant neurological disorders
- Bipolar disorder
- Termination of shift schedule
- Pregnancy
- ... and 2 more (see full listing online)

## Locations (1 total)

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Henry Ford Columbus Medical Center, Novi, Michigan, United States