

# Brief Behavioral Sleep Intervention for Obesity Prevention in Primary Care

NCT06810557

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| Status     | RECRUITING        |
| Phase      | Not Applicable    |
| Sponsor    | Temple University |
| Enrollment | 50 participants   |

## Key Eligibility Criteria

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### Inclusion (7)

- Patient at Temple Pediatrics
- Child age 6-11 years
- Child time in bed of less than 9 hours per night on most days per week
- Body Mass Index (BMI) for age and biological sex great than the 10th percentile but less than the 95th percentile
- Understanding of and ability to complete the protocol
- ... and 2 more (see full listing online)

### Exclusion (3)

- Diagnosed sleep disorder
- Medication use or diagnosis of medical or psychiatric condition that may impact sleep or weight status
- Current or planned treatment for weight control

## Locations (1 total)

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Temple Pediatrics, Philadelphia, Pennsylvania, United States