

# Impact of Weighted Blankets on Sleep Quality

NCT06842797

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Thessaly
Enrollment	20 participants

## Key Eligibility Criteria

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### Inclusion (1)

- Healthy individual

### Exclusion (3)

- history of mental illness
- history of epilepsy
- any acute or chronic condition that would limit the ability of the patient to participate in the study

## Locations (1 total)

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School of Physical Education, Sports and Dietetics, TEFAA, Trikala, Thessaly, Greece