

Insomnia's Impact on DNA Stability, Cardio-metabolic Health and Lifestyle Behaviors

NCT06869486

Status RECRUITING
Sponsor Universidad Autonoma de Baja California
Enrollment 300 participants

Key Eligibility Criteria

Inclusion (20)

- Healthy Individuals (18-35 years old, men and women)
- Waist circumference: <90 cm (men), <80 cm (women)
- Fasting glucose: 70-110 mg/dL
- Blood pressure: <120/80 mmHg
- Triglycerides: <150 mg/dL
- ... and 15 more (see full listing online)

Exclusion (3)

- Individuals with respiratory diseases or musculoskeletal injuries that prevent exercise, as determined by a clinical history review, a physical activity readiness questionnaire (PART-Q+), and pulmonary function tests (spirometry).
- Individuals with rotating or night-shift work schedules (e.g., emergency personnel, security guards), as circadian rhythm disruptions significantly impact sleep quality
- Women diagnosed with polycystic ovary syndrome (PCOS) or showing high testosterone levels with a history of oligomenorrhea, as these conditions may influence metabolic and hormonal markers. However, women with menstrual irregularities related to premenstrual syndrome (PMS) or dysmenorrhea will not be excluded, given the established link between sleep disorders and menstrual cycle variations

Locations (1 total)

Laboratorio de Fisiologia Aplicada al Ejercicio, Ensenada, Estado de Baja California, Mexico