

# Aerobic Exercise: A Potential Rescue From the Negative Ramifications of Poor Sleep

NCT06956963

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	Florida State University
Enrollment	30 participants

## Key Eligibility Criteria

---

### Inclusion (2)

- Chronically active (e150 minutes of moderate- and/or e75 minutes of vigorous-intensity aerobic exercise per week for the last 3 months) OR
- Sedentary (d60 minutes of aerobic exercise per week for the last 3 months)

### Exclusion (5)

- Chronic, uncontrolled disease (cardiovascular, metabolic)
- Poor sleep (regularly achieving <7 hours of sleep per night)
- Musculoskeletal injury in the last 6 months
- Obese (grade II or higher)
- Pregnant

## Locations (1 total)

---

Institute of Sports Sciences and Medicine, Tallahassee, Florida, United States