

# WatchWell: Simple and Practical Strategies to Reduce the Negative Health Impact of Sedentary Screen Time

NCT06963736

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

## Key Eligibility Criteria

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### Inclusion (11)

- e26years of age
- BMI e 27 kg/m2\\*; e25 kg/m2, if Asian (full or multiple race)\\*\\*
- Insufficiently active (per US National Guidelines for Physical Activity of 150 minutes of MVPA/Week)
- Reporting an average of e3 hours of recreational sedentary screen time (rSST) per day, that usually extends at least until 9:00pm.
- On a typical night, consumes calories (food and/or drink) after 8:00pm.

... and 6 more (see full listing online)

### Exclusion (20)

- Conditions related to sleep disruption, including lactation, pregnancy, mid-night care providers, sleep disorders, severe sleep apnea
- History of hypoglycemia
- Pacemaker
- Caffeine consumption in excess and/or after 5pm (excess equals \>4 cups of coffee per day or equivalent)
- Involvement in other physical activity, diet, or weight loss programs/studies

... and 15 more (see full listing online)

## Locations (1 total)

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Arizona State University, Tempe, Arizona, United States