

Mindfulness Meditation for Insomnia

NCT06972303

Status	RECRUITING
Phase	Phase 1, Phase 2
Sponsor	Brigham and Women's Hospital
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (6)

- Age 18 years and older;
- Chronic insomnia (e 3 nights/week, for e 3 months), defined by DSM-V or ICSD-3;
- Have a primary complaint of difficulty falling asleep (sleep-onset insomnia) with self-reported sleep onset latency \geq 20 min;
- Insomnia Severity Index score \geq 15;
- Speak and understand English;
- ... and 1 more (see full listing online)

Exclusion (8)

- Current diagnosis of sleep disorders other than insomnia (e.g., narcolepsy, restless leg syndrome, REM sleep behavior disorder, etc.);
- Shift worker or routine night shifts;
- Women with pregnancy or breastfeeding;
- Regular (defined as twice a week or more) practice of mind-body interventions;
- Patients with pace-maker or routinely using cardiovascular medications that have effects on heart rates (i.e., beta-blockers);
- ... and 3 more (see full listing online)

Locations (1 total)

Brigham and Women's Hospital, Boston, Massachusetts, United States