

Sleep TO Prevent Post-surgical Pain

NCT06976138

Status	RECRUITING
Phase	Not Applicable
Sponsor	Johns Hopkins University
Enrollment	252 participants

Key Eligibility Criteria

Inclusion (4)

- People with knee osteoarthritis,
- years old and older,
- scheduled to have unilateral (one knee) total knee replacement surgery for osteoarthritis and
- have trouble falling or staying asleep

Exclusion (12)

- currently using medications to help sleep
- have completed Cognitive Behavioral Therapy for Insomnia
- used either Bright Light or Negative Ion exposures in the past year
- have an inflammatory rheumatologic disorder, seizure disorder
- serious mental health disorder, Bipolar I disorder, substance or alcohol use disorder
- ... and 7 more (see full listing online)

Locations (2 total)

Johns Hopkins School of Medicine, Baltimore, Maryland, United States
Mass General Brigham, Chestnut Hill, Massachusetts, United States