

Evaluation of Urolithin A and Fisetin on Improving Sleep and Aging Biomarkers

NCT06990256

Status	RECRUITING
Phase	Not Applicable
Sponsor	Huazhong University of Science and Technology
Enrollment	80 participants

Key Eligibility Criteria

Inclusion (5)

- Aged 30-75 years;
- Total score \geq 5 points on the Pittsburgh Sleep Quality Index (PSQI) for sleep quality assessment;
- Able to use personal mobile devices for WeChat, internet access, and related operations;
- Informed about the intervention trial and willing to undergo sleep monitoring and other examinations during the study;
- Commitment to consume coffee, strong tea, or alcohol \geq 1 time per week during the trial period;

Exclusion (7)

- Participation in any clinical trials or dietary/exercise intervention programs within the past 3 months or concurrently;
 - Diagnosis of major mental disorders or family history thereof, or current use of psychotropic drugs or mood-regulating medications;
 - Experiencing major psychological trauma (e.g., death of a close relative, significant financial loss) personally or within the family in the past 3 months;
 - Severe diseases affecting inflammatory levels and/or endocrine components (e.g., severe obesity, uncontrolled diabetes or poorly controlled blood glucose, myocardial infarction, cerebral infarction);
 - Current use of hormonal medications, beta-blockers, steroids, non-steroidal anti-inflammatory drugs (NSAIDs), etc.;
- ... and 2 more (see full listing online)

Locations (1 total)

Wuchang Hospital Affiliated to Wuhan University of Science and Technology, Wuhan, Hubei, China