

Effects of Non-Invasive Superficial Craniocervical Lymphatic Drainage (NSCLD) on Memory and Cognitive Function in Adults With Sleep Deprivation: A Proof-of-Concept Study

NCT07084701

Status	RECRUITING
Phase	Not Applicable
Sponsor	Tao Liu
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (7)

- College student e18 years, all of whom have passed a standardized entrance examination;
- No failed exams during the course of study;
- Sleep deprivation;
- In good health, with no mental or psychological disorders;
- No recent use of medications that may affect memory and cognition;
- ... and 2 more (see full listing online)

Exclusion (5)

- Pregnant or breastfeeding women.
- Presence of acute or chronic medical conditions (e.g., severe hypertension, diabetes, cardiovascular disease) that could confound the results.
- History of craniocervical trauma or surgery.
- Current use of sedative or anxiolytic medications that could influence sleep or cognitive function.
- Participants who are unable to follow the procedures or complete the assessments

Locations (1 total)

Tianjin Medical University General Hospital, Tianjin, China