

Effects of Acute Sleep Deprivation on Individuals With Different APOE Genotypes

NCT07085754

Status	RECRUITING
Phase	Not Applicable
Sponsor	Yuhui Qiu
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (5)

- Age 18-40 years, gender not limited
- Healthy (with no clinically significant abnormal findings in the physical examination report or self-reporting as healthy) and not on medications
- Cognitively normal (Mini-Mental State Examination (MMSE) score \geq 28)
- Sleep duration of 7-9 hours per night, good sleep quality (Pittsburgh Sleep Quality Index (PSQI) \leq 5 points)
- Written informed consent, voluntarily participate in this study, and be able to cooperate with the physician to complete the clinical study

Exclusion (9)

- Presence of day-night sleep reversal
- Shift work within the past 6 months
- Travel across time zones or experience of jet lag within the past three weeks
- Current smoking or nicotine use; alcohol consumption exceeding five standard units per week (one standard alcohol unit is defined as 10 mL [or 8 g] of pure alcohol)
- Consumption of strong tea, coffee, or caffeine-containing foods and beverages within one week before study participation
- ... and 4 more (see full listing online)

Locations (1 total)

Guangdong Provincial Hospital of Chinese Medicine, Guangzhou, Guangdong, China