

Effect of Dehydration on Sleep Quality, Cognitive Skills, and Electromyographic Responses in Combat Athletes

NCT07118904

Status	RECRUITING
Phase	Not Applicable
Sponsor	Abant Izzet Baysal University
Enrollment	12 participants

Key Eligibility Criteria

Inclusion (4)

- Voluntary participation
- Being combat athletes with prior rapid weight loss experience
- No existing health conditions
- No orthopedic injuries

Exclusion (2)

- Using of sleep-related medications
- Complications During the Intervention: Participants who experience any complications during experimental intervention.

Locations (1 total)

Bolu Abant Izzet Baysal University, Faculty of Sport Sciences,, Bolu, Turkey (Türkiye)