

Sleep and Blankets

NCT07181577

Status	RECRUITING
Phase	Not Applicable
Sponsor	Aarhus University Hospital
Enrollment	672 participants

Key Eligibility Criteria

Inclusion (2)

- Participants must be between 16 and 24 years old
- Participants must have a score on the Insomnia Severity Index (ISI) above 10.

Exclusion (5)

- Presence of neurological disorders known to influence or be related to poor sleep including affective disorders and diagnosed medical sleep disorders (e.g., sleep apnea, narcolepsy)
- Circulatory or respiratory disease
- Pregnancy, shift or night work
- Prior use of special blanket (within the past five years)
- Insufficient Danish proficiency.

Locations (1 total)

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