

Circadian Rhythms and Time Perception in Healthy Adults During Constant Wakefulness

NCT07294781

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Aarhus
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (10)

- Age 23 to 45 years.
- Able and willing to provide written informed consent.
- Fluent in Danish and able to understand study procedures and instructions.
- Generally healthy, as assessed by medical history, screening questionnaires, and basic clinical measures (e.g., blood pressure, heart rate).
- Self-reported regular sleep-wake schedule for at least 4 weeks prior to the laboratory visit (typically 6.5-9 hours of sleep per night, with usual sleep period between approximately 22:00-01:00 and 06:00-09:00).

... and 5 more (see full listing online)

Exclusion (10)

- Any known or suspected major sleep disorder (e.g., insomnia disorder, obstructive sleep apnoea, restless legs syndrome, narcolepsy), based on self-report or prior diagnosis.
- Current or past major psychiatric or neurological disorders (e.g., major depressive disorder, bipolar disorder, psychotic disorders, epilepsy), unless considered mild and stable and explicitly approved by the study physician.
- Chronic medical conditions that could be worsened by prolonged wakefulness or that might confound outcome measures, such as significant cardiovascular disease, uncontrolled hypertension, diabetes mellitus, severe respiratory disease, or other serious systemic illness.
- Regular use of medications or supplements that may affect sleep, circadian rhythms, melatonin secretion, alertness, or mood (e.g., hypnotics, sedative-hypnotics, melatonin, stimulants, certain antidepressants or beta-blockers), unless a safe washout is possible and approved by the study physician.
- High habitual caffeine intake (for example, >400 mg/day) or nicotine dependence if the participant is unable or unwilling to abstain for the required washout periods.

... and 5 more (see full listing online)

Locations (1 total)

Aarhus University, Department of Psychology and Behavioural Sciences, Aarhus, Denmark

<https://clinicaltrials.gov/study/NCT07294781>

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