

Sleep and Morning Wellbeing Study

NCT07311434

Status	RECRUITING
Phase	Not Applicable
Sponsor	Athletic Greens International
Enrollment	300 participants

Key Eligibility Criteria

Inclusion (12)

- Male or female.
- Age 25-59 years.
- BMI e18.5 and d29.9 kg/m².
- Currently experiencing issues with sleep quality, falling asleep, staying asleep, or waking during the night.
- RU-SATED score d17.

... and 7 more (see full listing online)

Exclusion (19)

- Diagnosed chronic sleep conditions (e.g., insomnia, narcolepsy, REM Behavior Disorder, moderate to severe restless leg syndrome, sleep apnea).
- Current use of sleep-tracking technology (e.g., wrist-worn trackers, rings, smartphone apps) that could influence sleep behavior or perception.
- Women currently undergoing perimenopause or experiencing vasomotor symptoms (e.g., night sweats).
- Use of hormone therapy (estrogen, progesterone, phytoestrogens) within the last 3 months.
- Diagnosed psychiatric disorders including major depressive disorder with acute symptoms, bipolar disorder, generalized anxiety disorder with active symptoms, and PTSD with frequent nightmares.

... and 14 more (see full listing online)

Locations (1 total)

Alethios (Virtual Study Platform), San Francisco, California, United States