

The Effect of a Continuous 1-Hour Time Delay on Circadian Rhythms

NCT07317349

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Aarhus
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (8)

- Healthy adults aged 23-45 years
- Part of a heterosexual, cohabiting couple willing to participate together in a five-day in-laboratory study
- Completion of at least upper-secondary education
- Maintain a regular sleep-wake schedule
- Habitual sleep timing within a normative range (non-extreme chronotype), assessed using the Morningness-Eveningness Questionnaire (MEQ) or the Munich Chronotype Questionnaire (MCTQ)

... and 3 more (see full listing online)

Exclusion (10)

- Engages in night-shift work or maintains an irregular work or sleep schedule
- International travel involving a time-zone change of more than two hours within the past two months, or anticipated travel before study completion
- Diagnosed neurological, psychiatric, or sleep disorder (e.g., insomnia, sleep apnea, bipolar disorder)
- High risk of sleep apnea, defined as a Berlin Questionnaire score ≥ 2 (Lauritzen et al., 2018)
- Use of medications known to affect sleep, alertness, melatonin secretion, or circadian timing

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

Locations (1 total)

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