

Effects of Exercise Timing on Sleep Quality

NCT07322276

Status	RECRUITING
Phase	Not Applicable
Sponsor	Centre Hospitalier Universitaire de Saint Etienne
Enrollment	42 participants

Key Eligibility Criteria

Inclusion (2)

- Group "Inactive" :No regular exercise practice (inactive people that don't follow the WHO recommendations) and have sedentary behaviors
- Group "Active": Regular exercise (athletes that are specialized in aerobic exercise, with more than 300 minutes per-week over 6 months and practice at regional level).

Exclusion (4)

- Have sleep disorders medically diagnosed or detected by sleep forms cutoffs (clinical insomnia by ISI, severe risk of obstructive sleep apnea by Stop-Bang, bad sleep quality by PSQI).
- Have a diagnosed mental health condition requiring treatment
- Have renal, respiratory, cardiovascular or neuromuscular disease medically diagnosed.
- Be pregnant or breastfeeding

Locations (1 total)

Chu Saint-Etienne, Saint-Etienne, France