

Nighttime Synchrony of Your Nutrition and Circadian Health

NCT07329283

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Utah
Enrollment	120 participants

Key Eligibility Criteria

Inclusion (3)

- Age: 18-35 years old; equal numbers of men and women
- Body Mass Index (BMI): 18.5-24.9 kg/m²
- Sleep Habits: habitual self-reported average total sleep time (TST) 7-9 hours per night for prior 6 months

Exclusion (15)

- Clinically diagnosed sleep disorder or apnea hypopnea index (AHI) ≥ 5
- Evidence of significant organ system dysfunction or disease (e.g., heart disease, diabetes)
- Fasting plasma glucose ≥ 100 mg/dL
- Major psychiatric illness (e.g., major depressive disorder)
- Cancer that has been in remission less than 5 years
- ... and 10 more (see full listing online)

Locations (1 total)

College of Health Research Complex - University of Utah, Salt Lake City 84112, Salt Lake City, Utah, United States