

Hypknowledge Nationwide Sleep Extension

NCT07345767

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Arizona
Enrollment	1,038 participants

Key Eligibility Criteria

Inclusion (9)

- Be between the ages of 18-60 years old
 - Have a typical sleep schedule of ≤ 6 hours per night
 - Must have a FitBit device (any model) with Heart Rate Monitor
 - Must have bedtime between 8 pm and 1 am
 - Must have a waketime between 5 am and 10 am
- ... and 4 more (see full listing online)

Exclusion (10)

- Any condition that the PI considers would significantly impede participation in the study.
 - Participant is under 18 years of age or older than 60 years of age
 - Does not own a FitBit device with Heart Rate Monitor
 - Sleep > 6 hours per night.
 - Typical bedtime before 8 pm or after 1 am
- ... and 5 more (see full listing online)

Locations (1 total)

University of Arizona, Tucson, Arizona, United States