

Cognitive Training for Student Sleep and Wellness

NCT07350733

Status	RECRUITING
Phase	Not Applicable
Sponsor	Carnegie Mellon University
Enrollment	200 participants

Key Eligibility Criteria

Inclusion (5)

- Carnegie Mellon University, Notre Dame, Columbia, or Penn State undergraduate student in their 1st year of study
- years of age or older
- Have a data-enabled smartphone
- Speak English
- On campus for the duration of the Spring 2026 semester

Exclusion (2)

- Under 18 years of age at time of enrollment
- Not enrolled full-time as a student

Locations (4 total)

University of Notre Dame, Notre Dame, Indiana, United States
Columbia University, New York, New York, United States
Carnegie Mellon University, Pittsburgh, Pennsylvania, United States
... and 1 more locations