

Mind After Midnight

NCT07438912

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Arizona
Enrollment	90 participants

Key Eligibility Criteria

Inclusion (5)

- Age 18-55 years
- History of suicidal ideation within the past 6 months
- Habitual bedtime between 9:00 PM and 1:00 AM
- Habitual wake time between 6:00 AM and 9:00 AM
- Ability to provide informed consent

Exclusion (8)

- Current suicidal intent requiring immediate clinical intervention
 - Diagnosis of a primary sleep disorder (e.g., untreated obstructive sleep apnea, narcolepsy)
 - Bipolar disorder or psychotic disorder
 - Substance use disorder within the past 3 months
 - Use of medications that significantly affect sleep or circadian rhythms
- ... and 3 more (see full listing online)

Locations (1 total)

University of Arizona - Center for Sleep, Circadian, and Neuroscience Research, Tucson, Arizona, United States