

# Impact of Sleep Restriction on Blood Pressure Reactivity

NCT07489417

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Missouri-Columbia
Enrollment	45 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Healthy adult men and women
- years of age
- BMI  $\leq$  25 kg/m<sup>2</sup> (normal weight group) or  $\leq$  30 kg/m<sup>2</sup> (obesity group)
- Non-pregnant, non-breastfeeding, and non-nicotine users
- Self-reported history of normal sleep duration (7-9 hours/night) and bedtime prior to midnight
- ... and 1 more (see full listing online)

### Exclusion (4)

- No acute or chronic conditions
- Taking no medications known to affect sleep, autonomic, metabolic, or cardiovascular function
- Self-reported history of irregular sleep
- Self-reported history of hepatic, renal, pulmonary, cardiovascular, or neurological disease, stroke or neurovascular disease, bleeding/clotting disorders, sleep apnea or other sleep disorders, diabetes, history of alcoholism or substance abuse, major cardiovascular event or surgical procedure within the past three months, or hypertension

## Locations (1 total)

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University of Missouri, Columbia, Missouri, United States