

Effect of L. Reuteri LM1063 on Sleep Health Improvement

NCT07498712

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Lactomason Co., Ltd. |
| Enrollment | 80 participants |

Key Eligibility Criteria

Inclusion (3)

- Healthy male or female adults aged 19 to 65.
- Pittsburgh Sleep Quality Index (PSQI) score of 5 or higher.
- Voluntarily agreed to participate and signed the informed consent form.

Exclusion (4)

- Severe sleep disorders (Insomnia Severity Index e 22 or d 7).
- Medical conditions causing sleep disorders (Sleep apnea, Restless legs syndrome, Depression, Narcolepsy, etc.).
- Intake of medications affecting sleep within 1 month before the first visit.
- Intake of probiotics or fermented milk products within 1 month before the first visit.

Locations (1 total)

P&K Skin Research Center, Seoul, Yeongdeungpo, South Korea