

Project SHINE (Sleep Health INitiative for Equity): Culturally informing a sleep extension intervention for African American adults

Status: Recruiting

Eligibility Criteria

Sex: Male or Female

Age Group: 18 years and over

This study is also accepting healthy volunteers

Inclusion Criteria:

- not meeting Physical Activity Guidelines - age range: 21 to 65 years - body mass index range: 25.0 to 40 kg/m² - average self-reported habitual sleep duration of ≤6 hours - self-identify as Black or African American

Exclusion Criteria:

- self-reported organ-related disorder (COPD, cardiac arrhythmia, gastro-esophageal disorder) - pregnant or less than 4 months postpartum - infant living in household less than 1 year old

Conditions & Interventions

Conditions:

Prevention & Wellness

Keywords:

obesity, Physical Inactivity, Sedentary Behavior, Sleep, Insufficient sleep

More Information

Description: The purpose of the study is to better understand the experiences of healthy lifestyle behaviors (i.e., sleep and physical activity), and receive feedback on a sleep intervention that aims to improve sleep among African American adults who do not get enough sleep. Sleep is vital to engaging in a healthy lifestyle, living longer, and feeling energized throughout the day. This research will compare a sleep intervention program ("Sleep Intervention Group") to a healthy homes education program ("Control Group") to see if there are changes in sleep and physical activity among those in the Sleep Intervention Group. We expect that participants will be in this research study for about 6 weeks.

Study Contact: Rachel Price - price919@umn.edu

Principal Investigator: Ivan Wu

Phase: EARLY_PHASE1

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