

Self-report and physiological measures of sleep quality

Submission date 06/01/2006	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 10/07/2006	Overall study status Completed	☐ Protocol
Last Edited 14/04/2008	Condition category Nervous System Diseases	☐ Statistical analysis plan
		☐ Results
		☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title

Study objectives

Self-report sleep ratings reflect the formation of a global impression that colors all of the ratings.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval details not yet received as of 24/05/2006

Primary study design

Observational

Study design

Randomised comparison of ratings of sleep in subjects led to the belief that they had good versus bad nights of sleep

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Sleep quality

Interventions

Patients were asked to score their sleep rating after being led to believe that they had either:

1. A bad nights sleep, or
2. A good nights sleep

Comparisons were run between the actual sleep activity and the perceived sleep activity.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

A single morning self-rating of:

1. Sleep latency
2. Time awake in the middle of the night
3. Total sleep time

Key secondary outcome(s)

1. Relationship of polysomnographic and self-reported measures of sleep latency
2. Time awake in the middle of the night
3. Total sleep time

Completion date

07/01/2006

Eligibility

Key inclusion criteria

1. Aged 18 - 64 years inclusive
2. Able to understand and cooperate with study procedures and give informed consent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Upper age limit

64 Years

Sex

All

Key exclusion criteria

1. Any symptom of daytime sleepiness
2. Any difficulty falling asleep or staying asleep in the last month
3. Any active medical or psychiatric disease that is likely to affect sleep
4. Taking any medication that might affect sleep within five half-lives of screening

Date of first enrolment

09/01/2005

Date of final enrolment

07/01/2006

Locations**Countries of recruitment**

United States of America

Study participating centre

Duke University Medical Center

Durham, NC

United States of America

27710

Sponsor information**Organisation**

Duke University Medical Center (USA)

ROR

<https://ror.org/03njmea73>

Funder(s)

Funder type

University/education

Funder Name

Duke University Department of Psychiatry (USA)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration