

Effect of blue light from electronic devices on melatonin and sleep/wake rhythms in high school children

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27272

Source

Nationaal Trial Register

Health condition

Late sleep phase

Sponsors and support

Primary sponsor: Dr. P.H.L.T Bisschop

Academic Medical Center

University of Amsterdam

Source(s) of monetary or material Support: Rijkinstituut voor Volksgezondheid en Milieu (RIVM)

Intervention

Outcome measures

Primary outcome

o Sleep onset time

o Wake-up time

- o Mid-sleep time
- o Sleep duration
- o Melatonin onset

Secondary outcome

- o Total energy intake
- o Snacking frequency

Study description

Background summary

-

Study objective

-

Study design

- o Sleep onset time: daily
- o Wake-up time: daily
- o Mid-sleep time: daily
- o Sleep duration: daily
- o Melatonin onset: day 7 of every measurement period

- o Total energy intake: daily
- o Snacking frequency: daily

Intervention

30 frequent users will be assessed in 3 conditions: 1) habitual screen use; 2) habitual screen

use with blue-light blockers; and 3) abstinence of screen use. We will assess sleep wake behavior, light exposure, screen use, and melatonin onset.

Contacts

Public

Netherlands Institute for Neuroscience, Department Sleep & Cognition

Wisse P van der Meijden
Meibergdreef 47

Amsterdam 1105 BA
The Netherlands
020-5665492

Scientific

Netherlands Institute for Neuroscience, Department Sleep & Cognition

Wisse P van der Meijden
Meibergdreef 47

Amsterdam 1105 BA
The Netherlands
020-5665492

Eligibility criteria

Inclusion criteria

- Age 11-17
- Going to high school
- Fluent Dutch speaking
- Frequent screen use

Exclusion criteria

- Ocular pathology / color deficiency
- The necessity to wear glasses (and no opportunity to wear contact lenses)

- Use of medication known to affect sleep or the central nervous system
- Alcohol use >1 glass per day
- Caffeine use > 2 cups per day
- Other substance use
- Psychiatric, neurological or physical disorder affecting sleep-wake behavior

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	03-10-2017
Enrollment:	30
Type:	Actual

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Positive opinion	
Date:	21-09-2017
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL6524
NTR-old	NTR6712
Other	NL59018.018.16 : METC_2016_327

Study results