

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Sep 2026

### The effect of rocking on an a programmable rocking bed on quality and polysomnographic measures of sleep in insomnia patients

#### Protocol summary

##### Summary

The aim of this study is elucidating the effects of rocking on quality and polysomnographic measures of sleep in primary insomnia patients. In this non-randomized study, 12 patients with insomnia would be admitted for 3 consecutive nights at sleep research lab. Inclusion criteria is primary insomnia and age from 20 to 60 years old and exclusion criteria is motion sickness and internal ear disease. The first night is for adaptation of patients with the sleep lab environment, the second night for performing polysomnography on the rocking bed in a constant state and the third night for performing polysomnography during rocking motion. Duration of intervention (rocking ) is total polysomnographic recording time in the third night Patients data, including sleep quality questionnaires and polysomnographic parameters are compared between the second and third night.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014102210218N3**

Registration date: **2014-12-24, 1393/10/03**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2014-12-24, 1393/10/03

##### Registrant information

###### Name

Mohammad Reza Saebipour

###### Name of organization / entity

Birjand University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 56 3238 1562

###### Email address

m-saebipour@razi.tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Tehran University of Medical Sciences

##### Expected recruitment start date

2015-01-01, 1393/10/11

##### Expected recruitment end date

2016-06-20, 1395/03/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of rocking on an a programmable rocking bed on quality and polysomnographic measures of sleep in insomnia patients

##### Public title

The effect of rocking on quality of sleep in insomnia

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: diagnosis of primary insomnia

Exclusion criteria: Motion sickness, Internal ear diseases

##### Age

From **20 years** old to **60 years** old

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

No information

**Sample size**  
Target sample size: 12

**Randomization (investigator's opinion)**  
N/A

**Randomization description**

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Single

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

**Name of ethics committee**  
Tehran University of Medical Sciences Ethical Committee

**Street address**  
Research deputy, room no:601,TUMS central building, 6th floor, Ghods Str. Keshavarz blvd.

**City**  
Tehran

**Postal code**

**Approval date**  
2014-07-05, 1393/04/14

**Ethics committee reference number**  
93-01-178-25518

## Health conditions studied

### 1

#### Description of health condition studied

Insomnia

**ICD-10 code**  
F51.0

**ICD-10 code description**  
Nonorganic insomnia A condition of unsatisfactory quantity and/or quality of sleep, which persists for a considerable period of time, including difficulty falling asleep, difficulty staying asleep, or early final waking. Insomnia is a common symptom

## Primary outcomes

### 1

#### Description

Sleep Onset Latency

#### Timepoint

Before and during the intervention

#### Method of measurement

Polysomnography

### 2

#### Description

Sleep Quality

#### Timepoint

Before and after the intervention

#### Method of measurement

sleep quality questionnaire

### 3

#### Description

sleep spindle count

#### Timepoint

Before and during the intervention

#### Method of measurement

Embla & MATLAB software

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Rocking

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**  
Birjand University of Medical Sciences

**Full name of responsible person**  
Dr. Mohammad Reza Saebipour

**Street address**  
Ghaffari Street

**City**  
Birjand

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Tehran University of Medical Sciences

**Full name of responsible person**  
Dr Khosro Sadeghniai

**Street address**  
Tehran University of Medical Sciences

**City**  
Tehran

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Tehran University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Birjand University of Medical Sciences

**Full name of responsible person**

Dr Mohammad Reza Saebipour

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**Web page address**

**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*