

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

Position

MD PhD of Neurosciences

Other areas of specialty/work**Street address**

Ghaffari Street

City

Birjand

Postal code**Phone**

+98 21 5566 9300

Fax**Email**

saebipour@gmail.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Birjand University of Medical Sciences

Full name of responsible person

Dr Mohammad Reza Saebipour

Position

MD PhD of Neurosciences

Other areas of specialty/work**Street address**

Ghaffari Street

City

Birjand

Postal code**Phone**

+98 21 5566 9300

Fax**Email**

saebipour@gmail.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Birjand University of Medical Sciences

Full name of responsible person

Dr Mohammad Reza Saebipour

Position

MD PhD of Neurosciences

Other areas of specialty/work**Street address**

Ghaffari Street

City

Birjand

Postal code**Phone**

+98 21 5566 9300

Fax**Email**

saebipour@gmail.com

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