

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Effect of daytime nap on performance of attention, working memory, and recognition memory

Protocol summary

Study aim

The present study aims to show how much napping could help our cognitive performance during the day and how much it helps increase productivity.

Design

The current clinical trial is not blinded. Among the eligible people of Zare Hospital's sleep clinic department, 15 people were randomly selected using the rand function of Excel software to participate in both phases of intervention and non-intervention.

Settings and conduct

participant's Daytime naps and Cognitive assessments will be performed in the sleep and psychiatric disorders clinic.

Participants/Inclusion and exclusion criteria

The entry criteria of the participants include having an age range between 25 and 50 years and a body mass index between 18.5 and 24.5, the absence of sleep, neurocognitive disorders, and not being a shift worker. Furthermore, the exclusion criteria include a history of severe mental or neurological diseases, hearing problems, color blindness, and the use of sleeping pills.

Intervention groups

During the intervention phase, the participants will take a 30-minute nap in the afternoon.

Main outcome variables

In both stages, attention will be evaluated with the Stroop test, working memory will be assessed with the Back Digit Span task, and recognition memory will be evaluated with Auditory Verbal Learning Test.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210804052077N1**

Registration date: **2022-12-31, 1401/10/10**

Registration timing: **registered_while_recruiting**

Last update: **2022-12-31, 1401/10/10**

Update count: **0**

Registration date

2022-12-31, 1401/10/10

Registrant information

Name

Shahab Zare

Name of organization / entity

Allameh Tabataba'i University

Country

Iran (Islamic Republic of)

Phone

+98 11 3452 6925

Email address

zare_shahab@atu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-12-16, 1401/09/25

Expected recruitment end date

2023-02-14, 1401/11/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of daytime nap on performance of attention, working memory, and recognition memory

Public title

Investigating the effect of daytime nap on performance of attention, working memory, and recognition memory

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

The entry criteria of the participants include having an age range between 25 and 50 years old. body mass index (BMI) between 18.5 and 24.5 absence of any kind of sleep disorders and also neuro-cognitive disorders not to be a shift worker

Exclusion criteria:

using sleeping pills Hearing problem Colorblind History of mental or neurological diseases

Age

From **25 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **15**

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**

Research Ethics Committees of Allameh Tabataba'i University

Street address

Allameh Tabataba'i University, Varzesh Sq., Dehkadeh Olympic, Tehran, Iran.

City

Tehran

Province

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Postal code

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Approval date

2022-08-27, 1401/06/05

Ethics committee reference number

IR.ATU.REC.1401.030

Health conditions studied**1****Description of health condition studied**

cognitive functions

ICD-10 code

R41.89

ICD-10 code description

Other symptoms and signs involving cognitive functions and awareness

Primary outcomes**1****Description**

Attention

Timepoint

No experience of a daytime nap - another day after experiencing afternoon sleep for 30 minutes

Method of measurement

Stroop test

2**Description**

Working Memory

Timepoint

No experience of a daytime nap - another day after experiencing afternoon sleep for 30 minutes

Method of measurement

Back Digit Span Task

3**Description**

Recognition Memory

Timepoint

No experience of a daytime nap - another day after experiencing afternoon sleep for 30 minutes

Method of measurement

Auditory Verbal Learning Test

Secondary outcomes**1****Description**

Learning

Timepoint

No experience of a daytime nap - another day after experiencing afternoon sleep for 30 minutes

Method of measurement

Auditory Verbal Learning Test

Intervention groups**1****Description**

Intervention group: 30 minutes daytime nap, between 14:00 and 16:00

Category

Behavior

2

Description

Control group: without daytime nap

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

sleep and psychiatric disorders clinic

Full name of responsible person

Javad Setareh

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Khazar boulevard, Sari, Mazandaran province

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Davoud Hosseinpour

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Allameh Tabataba'i University

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Allameh Tabataba'i University

Full name of responsible person

Shahab Zare

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available