Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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 Tabatabai University

Country
Iran (Islamic Republic of)

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+98 11 3452 6925

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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
Tehran

Postal code
۱۴۸۹۶۸۴۵۱۱

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
Street address
Khazar boulevard, Sari, Mazandaran province
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4851635981
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jsetareh@mazums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Allameh Tabataba'i University
Full name of responsible person
Davoud Hosseinpour
Street address
Allameh Tabataba'i University, Varzesh Sq., Dehkadeh Olympic, Tehran, Iran.
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hosseinpour@atu.ac.ir
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 Tabatabai University
Full name of responsible person
Shahab Zare
Position
Student
Latest degree
Master
Other areas of specialty/work
Psychology
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Person responsible for updating data

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Javad Setareh

Position

Associate professor

Latest degree

Specialist

Other areas of specialty/work

Psychiatrics

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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