

Research on Meal Timing and Metabolic Rhythms

Male and Female volunteers needed for a research study that compares metabolic responses between early and late time restricted eating (the dietary practice of consuming food during a short interval during the day and extending your daily fast)



You may qualify for this study if you are:

- Age 20 to 50 years old and are overweight
- Have a body mass index (BMI) of 25-35 (check it out at <http://nhlbisupport.com/bmi/>)
- Generally healthy, without diabetes, heart disease, or sleep issues

The criteria listed above are only a partial list of requirements to participate in this research study. Only the study team can determine eligibility.

What is involved:

- 2 initial visits (screening and baseline)
- Two 9-day metabolic study periods separated by at least 2 weeks. Each includes:
 - Outpatient measurements of your sleep and physical activity
 - Eating outpatient meals provided by the study at specified times
 - A 3-night inpatient stay at the research center to measure how many and what type of calories you burn and the timing of your body clock.

Participation will include:

- An opportunity to learn about your metabolism and receive health assessments including: Lab work, Medical exam, Body composition, Metabolic rate results, Sleep study results, Physical activity results

Compensation: Up to \$1025.00

If you are interested or have questions, please contact: Rhythm@ucdenver.edu

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CHANGES
EVERYTHING

