

UCSD AND SALK INSTITUTE

THE TIMET STUDY

Measuring the health impact of time restricted eating (TRE) on people who are overweight and at-risk for pre-diabetes or cardiovascular disease



Scan here with your phone camera to add us to your contacts!

Receive **nutrition** and **lifestyle** counseling
Receive **compensation** (up to \$400)
May be randomly selected to consume all calories within a daily 10 hour window

If interested, please contact our study coordinator at hclo@ucsd.edu or 858-246-2510

UC San Diego



What is TIMET?

Everything you need to know

Overview: TIMET is a research study designed to test a time-based intervention that may improve the health of people with metabolic syndrome.

Duration of the study: 4 clinic visits over 14 weeks and an optional follow-up visit.

What will happen? The first 2-weeks, we will monitor your current lifestyle and run initial tests to determine if you qualify for the study. Then, all participants will receive nutritional counseling and half will be randomly selected to consume all calories (all eating/drinking, except water) within a daily 10 hour window for the rest of the study (12 weeks). At the end of the study, the health assessments will be repeated.

Do you Qualify?

Eligibility Requirements

You are eligible if you habitually have food or beverages early, late, or at irregular times, have high blood sugar and have two or more of the following:

- Increased waist circumference
- Abnormal cholesterol levels
- Elevated blood pressure

And you are not:

- Pregnant and breastfeeding
- Working a shift-work schedule

Note: Medications are okay to take!

The Tests and Study Timeline

What you will be doing and when

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Blood Test
Comprehensive metabolic panel and complete blood count
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Vitals
We will measure height, weight, BMI, body fat %, waist and hip, and blood pressure.
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Questionnaires
You will complete general health questionnaires.
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Dietitian
You will meet with our dietitian, learning about the Mediterranean Diet and/or TRE.
- 



Muscle Biopsy
15-20 minute, low-risk biopsy of your leg muscle to measure muscle function.
- 



DXA Scan
10-15 minute scan to monitor your muscle, fat, and bone mass.
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Actiwatch
Tracks your sleep, activity, and light exposure for two weeks at a time.
- 

CGM
Tracks blood glucose levels for two weeks at a time.
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myCircadianClock App
Log your food, beverage, sleep, and weight throughout the study using our app.

- Visit One (Start of study)**

Blood draw, vitals, questionnaires, Actiwatch, CGM
- Visit Two (Week 2)**

DXA scan, muscle biopsy, dietitian meeting
- Visit Three (Week 12)**

Actiwatch, CGM
- Visit Four (Week 14)**

Blood draw, vitals, questionnaires, DXA scan, muscle biopsy, dietitian meeting
- Optional Follow-up Visit**

Blood draw, vitals, questionnaires, DXA scan, muscle biopsy, dietitian meeting, Actiwatch, CGM

