

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!

Metabolic Syndrome

Everything you need to know

Metabolic Syndrome is defined as having three or more of the following:

- Elevated fasting blood sugar
- Increased waist circumference
- High triglycerides (≥ 150 mg/dL)
- Low HDL cholesterol
 - (Men: <40 mg/dL, Women: <50 mg/dL)
- Elevated blood pressure

The Numbers: Metabolic Syndrome

More than 34%

of adults in America have metabolic syndrome

5x
more at risk for
Type II Diabetes

2x
more likely to
have cardiovascular
disease

References

Alberti, K.G., et al. Harmonizing the metabolic syndrome: a joint interim statement of the International Diabetes Federation Task Force on Epidemiology and Prevention; National Heart, Lung, and Blood Institute; American Heart Association; World Heart Federation; International Atherosclerosis Society; and International Association for the Study of Obesity. *Circulation*, 2009. 120(16): p. 1640-5.

The Tests and Study Timeline

What you will be doing and when

- Blood Test**
Comprehensive metabolic panel and complete blood count
- Vitals**
We will measure height, weight, BMI, body fat %, waist and hip, and blood pressure.
- Questionnaires**
You will complete general health questionnaires.
- 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.
- 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.
- 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)

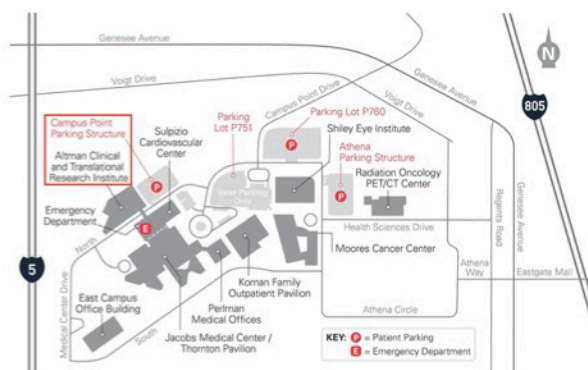


Blood draw, vitals, questionnaires, DXA scan, muscle biopsy, dietitian meeting

Optional Follow-up Visit

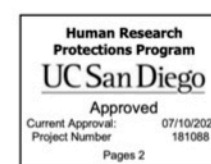


Blood draw, vitals, questionnaires, DXA scan, muscle biopsy, dietitian meeting, Actiwatch, CGM



Come find us at the Altman Clinical and Translational Research Institute (ACTRI)!

UCSD & 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.

Interested?

Contact us at
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IRB 181088

Influence of time-restricted eating (TRE) on circadian regulation of glucose homeostasis and mitochondrial function