

Recruiting

Screening for eligibility

Baseline

Intervention

Follow-up

Patients with RA, 18-70 years old

Screening for poor sleep by PSQI (telephone interview)

Screening for safety and sleep apnea

Baseline
PSG, maximum work test, ECG, blood samples, questionnaires

Randomization

Intervention group
Aerobic intermittent exercise on bicycle ergometer (n=22)

Control group
No exercise intervention (n=22)

End of intervention (6 – 8 weeks)
PSG, maximum work test, blood samples, questionnaires