

The Sleep and School Life Study Important Notice – Research in Schools

You school is participating in the *Sleep & School Life Study*, a research project run by Doctor Jill Scevak, Professor Allyson Holbrook, Mrs Kim Robinson and Mrs Susan Grimes at the University of Newcastle.

What is the study about?

The study will investigate whether or not children's sleep problems affect their school day. Clinical studies suggest that between 20-43% of school-age students are affected by sleep disturbances, most of which goes unrecognised. Surprisingly, little is understood about the educational impacts of inadequate sleep in school children.

Phase 1 ~ Survey of all participating students, their parents and teachers about children's sleep habits and daytime functioning.

Phase 2 ~ Individual interviews of students, parents and teachers.

Who can participate?

As sleep problems are often under-recognised in this age group, it is important that parents and their children with and without sleep problems are included in this survey.

Stage 3 students, their parents and teachers from participating schools within the Maitland-Newcastle Diocese will be invited to participate in this study. The study will be conducted between Weeks 5 and 8 in Term 3 in 2015.

Your participation is voluntary. There will be no disadvantage to you or your child if you choose to not participate in the Sleep & School Life Study. You and your child may withdraw from the study at any time until data is de-identified. Simply email the researcher at Kim.M.Robinson@uon.edu.au

Why should I or my child/ren participate in the Sleep & School Life Study?

The *Sleep & School Life Study* is the first study to explore the concerns of students, parents and teachers in relation to children experiencing inadequate sleep and its impacts on their schooling. In participating in this study, you and your school are helping to raise community awareness about the relationship between inadequate sleep and schooling in school-age children.

A summary of the overall findings of this study will be made available to your school and to you through the school newsletter.

What do I need to do to participate?

If you would like to participate in the study, you can complete the online version or alternatively a paper version is available if required. In either case, please read the Participant Information Statement carefully and discuss with your child before agreeing to participate in the study.

If you decide that you and/or your child would like to participate using the online version, simply go to

<https://www.newcastle.edu.au/sleep-and-school-life> where you will find a copy of the Participant Information Package and Consent Form and the link to the Parent/Carer Survey.

If you prefer a paper version of the Participant Information Package, copies are available by contacting the researcher either by email at Kim.M.Robinson@uon.edu.au or by phoning **49217-203**. Paper copies will also be available from the school office. Simply return the Consent Form to the researcher in the self-addressed envelope provided. A copy of the Parent/Carer Survey will be sent to you.

Privacy

There will be no exchange of information between any participants. Your information remains confidential to you and the researcher. The school will not see your answers to the questionnaire, only the researchers will have access to this information. Participant information will be de-identified in any publications from this research.