

The #SleepQ Study

Understanding what defines **Sleep** Quality in teenagers

Research Study for New Zealand teens aged 16 - 17



We are conducting a study on sleep and what makes for good, or bad, quality sleep in teenagers. We are looking for teenagers aged 16 to 17 years old to take part in our study.

You will be asked to wear a device which resembles a wristwatch for 7 days and nights in addition to filling out a daily survey where you rate your sleep, concentration, and mood. You will also be asked to fill out several questionnaires relating to your sleep and health and wellbeing.

After completing the study, you will be asked if you would like to receive a \$40 JB Hi-Fi voucher as a token of gratitude/koha for your time spent.

For more information and to express interest in participating, please go to the survey link below or scan the QR code.

<https://redcap.otago.ac.nz/surveys/?s=K39NKH4JJYEYXPTD>



Questions? Contact teensleep@otago.ac.nz

This study has been approved by the University of Otago Human Ethics Committee (ref#22/068). If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (ph +643 479 8256 or email gary.witte@otago.ac.nz). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.