



The #SleepQ study

Understanding What Defines Sleep Quality in Adolescents

Research project for New Zealand teens aged 16-17 years.

Information Sheet for Secondary Schools and Youth Organisations

Reasons for the study:

We often hear that to get good sleep we must sleep for >8 hours and obtain good quality sleep. But what is meant by good quality sleep? There is no clear understanding of this, and it might mean different things to different people or different age groups, and can be measured in several ways. Understanding what good sleep quality means is particularly important in the teenage years, because the social demands of simply “being a teenager” often compete with sleep. This study aims to find out what good or bad sleep quality means to teenager’s by first measuring their sleep, and then asking them to rate their previous night’s sleep quality and sleepiness, concentration, and mood the following day.

Information we will collect:

We will ask participants to fill out several questionnaires relating to their sleep, health and wellbeing, and demographic information such as age, gender, ethnicity, address, and height and weight, so that we can describe who participated in our study and where in New Zealand they live.

Participants will be sent an actigraph via courier. This is a device like a wrist watch that measures sleep.

Upon commencement of the study they will be asked to:

- wear the actigraph for 7 days and nights
- complete a daily rating* of their previous night’s sleep quality, along with their current day sleepiness, concentration, and mood

*For the daily ratings, a daily text/email will be sent to participants with a link to rating scales that take 1-2 minutes to complete.

Participation:

We would like participants to take part in our study if they:

- Are 16 to 17 years old
- Currently live in New Zealand

Those who are interested will be required to fill out a screening questionnaire to determine if they are eligible for participation. Participants will be asked if they would like to receive koha at the end of the study as recognition of their time and commitment to our research in the form of a \$40 JB Hi-Fi voucher. Participants will be asked if they would like to receive a summary of the research results once the study is complete. Participants’ data will not be linked to their contact details. Only the researchers below have access to the survey data. Results may be published in a scientific journal, but participants will not be identified. If the publication is freely available, we can provide the link to that publication to access

More information about the studies of the Child and Teen Sleep Research Group at Otago can be found here. <https://www.facebook.com/Otago.Sleep.Research>

Questions or to request a summary of findings at the conclusion of the study?

Contact teensleep@otago.ac.nz

Researchers:

Neuroscience Master’s student, Cameron Tang

Research Professor, Barbara Galland

Department of Women's & Children's Health, University of Otago, Dunedin.

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.

