**Informed Parental Consent Form - Schools Sleep Education Research**

Your child has expressed interest in taking part in a sleep research study being conducted by Daniel White of Sleep Better Live Better and the States of Guernsey Educational Psychology Department. In order for your child to be able to participate, this parental consent form must be completed using the link below before the start of next term, prior to the sleep research which is provisionally booked to begin wb. Monday 9th January.

The details of the study, as well as your child’s rights as a participant, are described below.

**Study Description**

This study will seek to explore the effectiveness of different interventions on improving sleep and well-being outcomes in adolescents in Guernsey during a 4 week period of January 2023.

If your child wishes to sign-up to participate, they will then be randomised (based on their age and school) into one of four groups that will each receive one of four different sleep interventions for a 4 week period January 2023. Whilst taking part in these interventions, your child will be asked to complete simple questionnaires at three time points (week 0, week 2 and week 4) that will help us to assess each of the intervention’s effectiveness.

**Group 1 - Blue light blocking glasses**

This group will be provided blue light blocking glasses and requested to wear the glasses for at least 3 hours prior to bedtime throughout the duration of the study.

**Group 2 - Sleep education and blue light blocking glasses intervention**

This group will be provided with two sleep education workshops over the first two weeks of the intervention (lesson plans approved by States of Guernsey Educational Psychology Department). They will also be provided with blue light blocking glasses and requested to wear the glasses for at least 3 hours prior to bedtime throughout the duration of the study.

**Group 3 - Sleep education intervention only**

This group will receive only the education components listed above with no access to the blue light blocking glasses for the duration of the study.

**Group 4 - Wait list**

This group will be placed on a wait-list and will receive the interventions later.

Once the data collection for the study has been completed at the end of January, those children belonging to groups 1, 2 and 4 will then receive access to the interventions that they were not offered as part of the initial study period to ensure that every child has fair and equal access to all of the support and education provided.

**Confidentiality**

Your child’s identity will **only be** revealed to Dr Marshall for the purpose of distributing the resources and questionnaires needed to provide the interventions and conduct the research. No personal information will be shared with anyone outside of The Ladies’ College in alignment with GDPR. The lead researcher Daniel White will receive anonymized data only. Your child’s answers to any research questionnaires will not be associated with their name at any point. Rather, your child will be given a unique participation number for the purpose of the study. This will ensure that at no point will your child’s answers be personally identifiable.

**Risks & Benefits**

There are believed to be no risks to your child’s safety by participating in this educational intervention. The research study plans to share education and tools relating to improving sleep, therefore there is potential benefits to your child’s health and well-being for participating.

**Freedom to Withdraw or Refuse Participation**

Your child has the right to withdraw from the study, or to refuse to answer any of the study questionnaires without prejudice from anyone at any time. If you or your child have any concerns or feel that the study creates any discomfort, your child may withdraw from participation and have their data excluded by contacting Dr Marshall.

**Informed Consent Statement**

Please complete <https://forms.office.com/e/Hk9cKcHV6q> *This form will close on Fri 6th January 2023*