

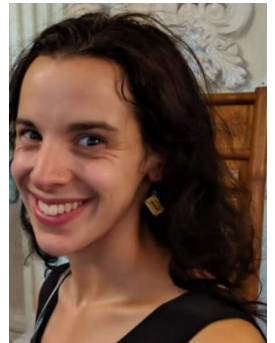
## ***Thank you for reading this information about my research project about your child's sleep***

If your child is aged 3-11 and has some difficulty with their sleep, I would be very grateful for your support with my study.

If you would like to be involved in this research, please click on the link at the end of the information sheet to complete a 5-minute questionnaire.

### ***Why is sleep important for children?***

Sleep is especially important for children and young people because **it helps with mental, physical, social and emotional development**. Sleep helps our brains to **remember, memorise and analyse** information. These skills improve performance at school, maintain general wellbeing and sleep can also impact our mood.



### ***Who am I?***

My name is Amy Tyler. I am a Year 3 trainee Educational Psychologist at the Tavistock and Portman NHS Trust. I am studying for the professional Doctorate in Educational and Child Psychology and am carrying out this research as part of my training.

### ***What is the research about?***

I am interested in hearing about parents'/carers'/guardians' views of their child/children's sleep difficulties. The study aims to identify what support parents want and what might help or get in the way of accessing desired support.

### ***What will taking part involve?***

The study involves simply completing a short online questionnaire that should take no more than 5 minutes to complete.

### ***Your personal information***

Your information will be anonymous. I will not receive any personally identifiable details that will enable your information to be linked to you.

### *Can you change your mind?*

Taking part is voluntary and you are free to withdraw from the research at any time without giving a reason. However, as your participation in the questionnaire is anonymous, once you have submitted the questionnaire, I will not be able to remove the data as I will not know who the responses belong to.

### *What happens to the information I gather?*

Information collected from the questionnaire will be analysed and written up in a document that will be held at the Tavistock and Portman library. I also hope to publish the general themes from the study in the future.

### *Ethical Approval*

If you have any queries about the ethical approval of this research, or other aspects of this project, please contact Paru Jeram, the Tavistock and Portman NHS Trust Quality Assurance Officer, using this email address:

[pjeram@tavi-port.nhs.uk](mailto:pjeram@tavi-port.nhs.uk)

If you would like to find out more about this study, you can contact me using the following email address: [at Tyler@tavi-port.nhs.uk](mailto:at Tyler@tavi-port.nhs.uk)

***Thank you for reading this information sheet!***

If you would like to take part in the questionnaire, please click on the link below or scan the QR code:

[https://docs.google.com/forms/d/e/1FAIpQLSfadaiF\\_3db3L3j9uPDFs2m\\_7qAqlq\\_ZLiVHgq6gihvLWQp3g/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfadaiF_3db3L3j9uPDFs2m_7qAqlq_ZLiVHgq6gihvLWQp3g/viewform?usp=sf_link)

