

Volunteer your child to participate in a sleep study



Want to know how your child is sleeping?

Want to know how your child is performing?

The Sleep and Health Laboratory at the Yong Loo Lin School of Medicine, National University of Singapore, is inviting participants to take part in a research study that addresses the relationship between sleep and performance in children.

In this **home-based** study, your child's sleep will be characterized using a wrist-worn device as well as a sleep diary for 18 consecutive days. Meanwhile, your child's daytime performance and behaviour will be assessed through mobile applications.

Please sign up if your child meets all the following criteria:

- Is aged between 7 and 12 years
- Is a Singaporean
- Is English-speaking
- Is not on any long-term medications
- Has no known sleep, physical, mental disorders

If you and your child are interested in participating as a pair, please fill in the participation form and screening questionnaire by clicking [here](#).

Upon successful completion of the study, participants will be reimbursed for their time.

If you have any question about this study, please drop us an email at sleepandhealthlab@nus.edu.sg. Thank you.

Research Coordinator: Yanran Hu
Email: huanna@nus.edu.sg

