



# 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?**

**Want to know the importance of good sleep in your child's performance?**

This research study conducted by the Sleep and Health Laboratory at the Yong Loo Lin School of Medicine of NUS will help address these questions.

Your child's sleep will be deeply characterized with a questionnaire, two watch-like devices, & the gold standard of sleep-measuring techniques, called polysomnography (PSG), at home. Your child's attention & memory will be assessed in the laboratory.

Please sign up if your child meets the following criteria:

1. Is aged between 7 and 11 years
2. Is a Singaporean
3. Is English-speaking
4. Is not on any long-term medications
5. Has no known medical conditions that could affect sleep (e.g. asthma)
6. Has no history of psychiatric or neurological disorders
7. Has no history of sleep problems / disorders

Upon successful completion, volunteers will be reimbursed for their time.

If you are interested in participating in this study, please fill in the participation form and screening questionnaire by clicking [here](#).

If you have any questions about this study, please drop us an email at [sleepandhealthlab@nus.edu.sg](mailto:sleepandhealthlab@nus.edu.sg)

Thank you!

