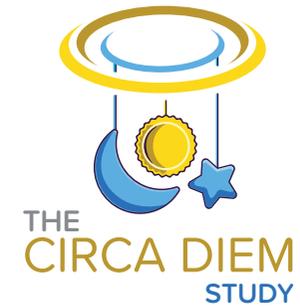


## DO YOU HAVE TO TAKE PART IN THIS SUB-STUDY?

Joining the sub-study is voluntary. If you do not wish for you and your baby to take part, you do not have to.

A researcher may contact you about this sub-study. They will provide detailed information about the sub-study and will ask you to sign an Informed Consent form if you are willing to participate.



SLEEP  
SUB-  
STUDY

## WHO TO CONTACT FOR MORE INFORMATION?

Please contact the **CIRCA DIEM Team**

**Email:** [circadiem@telethonkids.org.au](mailto:circadiem@telethonkids.org.au)



Government of **Western Australia**  
Child and Adolescent Health Service

TELETHON  
**KIDS**  
INSTITUTE  
Discover. Prevent. Cure.



Government of Western Australia  
North Metropolitan Health Service  
Women and Newborn Health Service

**NM**

Because your baby has been enrolled in the CIRCA DIEM Study, you and your baby are invited to participate in a sub-study that will look into parent and infant sleep.

The body's circadian rhythm is essential in regulating healthy sleep and wake cycles. Improved sleep is expected to enhance bonding and improve infant development and parental mental health.



## WHAT WILL WE DO IN THIS SLEEP SUB-STUDY

We will ask you about you and your baby's sleep patterns. If you live in Perth, we will also assess the quality of your sleep using a small device and measure the level of a sleep-related hormone in your baby's saliva.

## WHAT WILL WE MEASURE AND HOW?



We will ask you to complete **several short questionnaires** and a **sleep diary** related to your and your baby's sleep. These will be provided electronically for you to complete before discharge home and again at 2 months and 6 months corrected age.



Sleep and wakefulness will be measured using a small device called an **actimeter**. The actimeter is fitted to your baby's ankle and worn for one full day and night (24 hours) to monitor their sleep.



You will be also asked to wear an actimeter for **one day and night** on your wrist, at the same times as your baby.



**The first actimeter sleep assessment** will take place in hospital just before your baby is able to go home.



**The second and third assessments** will be when your baby is 2 and 6 months of age (corrected).



**A CIRCA DIEM research nurse** will visit you and your baby at home to help with these measurements.



The actimeter sleep records will be able to provide researchers with information relating to important measures such as total day and night sleep, number of sleep awakenings and longest continuous sleep.

We will also ask to obtain saliva samples from your baby at the hospital and at home visits. These samples will be used to assess the level of an important sleep hormone, melatonin.