**AIM2Sleep Participant Information Leaflet**

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| **Study Title**  | Examining sleep profile characteristics of children in Ireland |
| **Research Site(s)** | Online |
| **Principal Investigator(s) and Co-Investigator(s) (Study Team)** | PhD student: Jessica Burke email: burkej28@tcd.ie Discipline of Occupational Therapy, Trinity Centre for Health Sciences, James Street, Dublin 8 Supervisory TeamDr Michelle Spirtos email: spirtosa@tcd.ie Discipline of Occupational Therapy, Trinity Centre for Health Sciences, James Street, Dublin 8 Dr Olive Healy email: Olive.Healy@tcd.ie School of Psychology,Trinity College Dublin |
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# Introductory Statement

*This national study is being completed by a research team in Trinity College Dublin. It will determine the sleep profile for primary school children. For some children how a child sleeps can impact on both the child and their family and this will provide important information to inform service development in Ireland.*

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| **What does taking part involve?**  |

*We will ask you to complete an anonymous online survey which will ask you questions around your child’s sleep patterns, timing and routines.*

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| **What are the possible benefits of taking part?** |

*Taking part in this study may not directly benefit you. However, we hope that this research may help us to better understand the sleep profile of children in Ireland which can inform the development of guidelines and services.*

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| **Are there any possible disadvantages or risks from taking part?**  |

*There are no known risks involved in this study. Please do not reveal any information in free text boxes that could identify you or another.*

*If the survey upsets you in any way, please contact your GP or health nurse for advice about your child’s sleep.*

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| **What will happen to the results of the study?**  |

*The results of the study will be presented in scientific journals and at conferences.*

# Part 2 – Confidentiality

*All information is anonymous. As the information is anonymous, it is not possible for you to request access to your survey once it has been submitted.*

# Part 3 - Approval, Organising and Funding

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| **Has this study been approved by a research ethics committee?** |

*Yes, this study has been approved by Research Ethics Committee (REC). Approval was granted on the 26th of February 2025.*

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| **Who is organising this study?** |

*This study is being completed by a research team in Trinity College Dublin from the Schools of Medicine and Psychology. This study is being funded by Trinity College Dublin.*

# Part 4 - Further Information

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| **Who should I contact for information or concerns?** |

*If you have any concerns or questions, you can contact:*

*Principal Investigator: Jessica Burke (AIM2Sleep@tcd.ie), PhD Student*

**Thanks**

*Thank you for taking the time to read this Participant Information Leaflet.*