

Sleep timing and functional outcomes – does light exposure play a role?

QUT Ethics Approval Number 170000430

RESEARCH TEAM

Principal Researcher: Dr Alicia Allan Principal Supervisor
Associate Researchers: Miss Amy Allan Honours student
Dr Patricia Obst Associate Supervisor
**Faculty of Health & Creative Industries Faculty
Queensland University of Technology (QUT)**

DESCRIPTION

This project is being undertaken as part of an Honours research project conducted by Amy Allan.

In addition to quality and duration, timing is an important aspect of healthy sleep. Light is the primary input to our internal body clock, and the timing of light exposure can directly impact the timing, duration and quality of sleep. Previous research has shown that individuals with extremely delayed sleep timing have patterns of light exposure different to those with regular sleep timing. This study investigates whether individuals with relatively later sleep timing are exposed to different light profiles than those with earlier sleep timing. Additionally, habitual sleep timing, and preferences towards morningness or eveningness, have been associated with functional outcomes such as health behaviour, mood, and general wellbeing. As such, this study will also explore whether this later sleep timing is associated with outcomes such as health, mood, and alertness.

You are invited to participate in this project because you are a first year psychology student enrolled in PYB100 or PYB102, or you are a QUT student, staff member or member of the general public aged 18 years or older.

PARTICIPATION

Participation will involve completing a 143 item online survey that will take approximately 30 minutes of your time. This link will take you to the survey:

https://qutpsych.au1.qualtrics.com/jfe/form/SV_8q9QdIx1eOKHhNr

Questions will include:

Demographic questions such as 'What is your age?'

Sleep related questions such as 'I had trouble staying awake during the day'

Questions related to your mood, health, and alertness, such as 'My worries overwhelmed me', 'In general, how would you rate your physical health?' and 'I drank more than I planned'

After completing the online questionnaire, you will be asked if you wish to take part in a second optional part of the study, which involves wearing a wrist-worn activity monitor and keeping a sleep and light diary for 8 days. If you are interested in learning about the second part of the study, you will be asked to provide your email address. We will email you additional information about the second part of the study and arrange a time to meet at the QUT campus if you decide to participate. Agreeing to complete this online survey does not commit you to participating in the second part of the study.

Your participation in this project is entirely voluntary. If you agree to participate you do not have to complete any question(s) you are uncomfortable answering. Your decision to participate or not participate will in no way impact upon your current or future relationship with QUT (for example your grades). If you do agree to participate you can withdraw from the project during your participation without comment or penalty.

EXPECTED BENEFITS

It is expected that this project will not directly benefit you. However, it may benefit the wider community in that this research will help us to understand how aspects of the modern light environment might relate to our sleep habits and wellbeing.

To recognise your contribution should you choose to participate the research team is offering you 0.5 credit points if you are a QUT first year psychology student in PYB100 or PYB102, or an entry into a prize draw for one of two \$100 Coles Myer gift cards if you are part of the QUT or broader community.

If you wish to be entered into the prize draw you will be asked to acknowledge the terms and conditions of the draw. To protect your anonymity associated with your survey responses, you will be taken to a different page to enter your name, email address and/or contact information. Your identifying information will be used for the purposes of the prize draw only. Please note the opening date for entries is 7 June 2017, the closing date for entries is 30 Nov 2017 and the prize is one of two \$100 Coles Myer gift cards. The Terms and Conditions of the prize draw can be located at:

<https://survey.qut.edu.au/survey-data/67/67667/media/62/6254.pdf>

RISKS

There are minimal risks associated with your participation in this project. These include discomfort when you answer questions relating to your mood and health, however these questions will not require you to do anything associated with any risk above possible mild inconvenience to you. You can exit the survey at any point by closing your browser window, and you are not required to answer any questions that cause you discomfort.

QUT provides for limited free psychology, family therapy or counselling services (face-to-face only) for research participants of QUT projects who may experience discomfort or distress as a result of their participation in the research. Should you wish to access this service please call the Clinic Receptionist on **07 3138 0999** (Monday–Friday only 9am–5pm), QUT Psychology and Counselling Clinic, 44 Musk Avenue, Kelvin Grove, and indicate that you are a research participant. Alternatively, Lifeline provides access to online, phone or face-to-face support, call **13 11 14** for 24 hour telephone crisis support. For young people aged between 17 and 25, you can also call the Kids Helpline on **1800 551 800**.

PRIVACY AND CONFIDENTIALITY

All comments and responses will be stored using a confidential code generated by you, and will be treated confidentially unless required by law. The names of individual persons are not required in any of the responses. You will be asked to provide a confidential unique code to allow us to match your online survey data with data from the second part of the study, should you choose to participate. However, this code does not allow us to identify you.

Any data collected as part of this project will be stored securely as per QUT's Management of research data policy. Please note that selected non-identifiable data from this project may be used

as comparative data in future projects or stored on an open access database for secondary analysis.

CONSENT TO PARTICIPATE

Submitting the completed online survey is accepted as an indication of your consent to participate in this project. To withdraw from the survey, you may close your browser window at any time.

QUESTIONS / FURTHER INFORMATION ABOUT THE PROJECT

If you have any questions or require further information please contact one of the researchers listed below.

Amy Allan (Honours Student)

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Alicia Allan (Principal Supervisor)

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CONCERNS / COMPLAINTS REGARDING THE CONDUCT OF THE PROJECT

QUT is committed to research integrity and the ethical conduct of research projects. However, if you do have any concerns or complaints about the ethical conduct of the project you may contact the QUT Research Ethics Advisory Team on 07 3138 5123 or email humanethics@qut.edu.au. The QUT Research Ethics Advisory Team is not connected with the research project and can facilitate a resolution to your concern in an impartial manner.

**THANK YOU FOR HELPING WITH THIS RESEARCH PROJECT.
PLEASE PRINT THIS SHEET FOR YOUR INFORMATION.**