



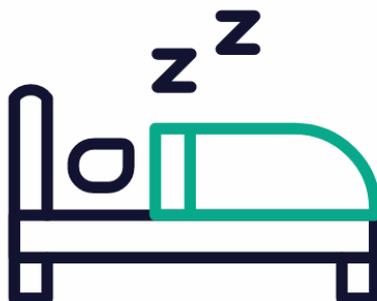
Information for Young People (6-9 Years)

Hello!

We are working on something exciting and need your help! We will tell you all about it. If you have any questions, you can ask your grown-up. They can ask us if they need help too!

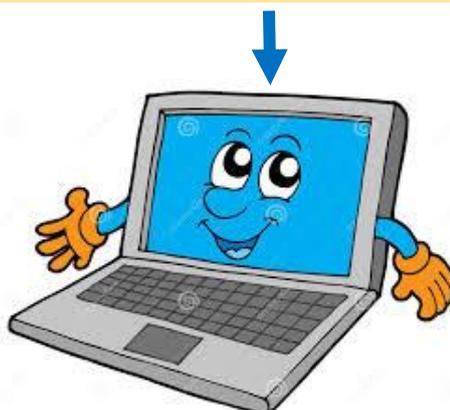
What are we doing?

We are making a new website called **Sleep Buddy**.



This website is for parents to help their children sleep better.

We want to see if it really works, and that's why we need your help!



What will I do?

You will do **four fun tasks** on the computer at home.

A **friendly researcher** will call to help you.

Your grown-up will be with you the whole time.



Don't worry, it
won't be difficult,
and you might find
it quite **fun!**



After that:

Some families will use the **Sleep Buddy** website.

Some families won't use it right away.

A computer will **pick
who will use it**, like
rolling a dice!



Later, after 3 months and 6 months, we will ask you to do the tasks again.



At the end, everyone will get to see the website!



Do I have to do this?

No. It's your choice.

If you don't want to take part, that's okay! Just tell your grown-up. No one will be upset.



Who will know I'm helping?

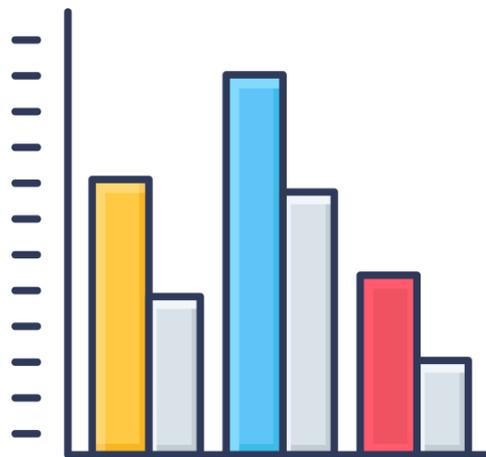
Only the people who need to know—like your doctor or ADHD clinic.

Will this help me?

We hope **Sleep Buddy** will help children sleep better.

We don't know for sure yet—that's why we are testing it!

When we finish, we can tell you what we found out.



What Happens to Your Information?



We will collect some information about you for this project. We promise to keep it safe and only use it for the project. **We won't share it with anyone who doesn't need to see it.**

The people in charge of keeping it safe are from the **University Hospital Southampton NHS Foundation Trust** and the **University of Southampton**.



If you decide to stop being part of the project, we will still keep the information we already have. We will keep it for 10 years, and only the people working on the project will be able to see it.



You can ask your grown-up to show you the video at the end of this page. It tells you about how the information that you give is used.

Thank you for reading! If you have any questions, you can ask your grown-up!