

**Study Title:**

**Snoozify: An app to track sleep and memory in adolescents**

Dear Parent/Guardian,

We are researchers from Royal Holloway, University of London, working on an important project about sleep and learning in adolescence. Your child has expressed an interest in participating in our study, which aims to understand how sleep changes during adolescence and how these changes affect learning. You can read more about the project at

<https://adsleep.psychologyresearch.co.uk>



Before deciding whether to participate, please read this information sheet carefully and discuss it with your child. It explains what the study involves and what your child will receive for participation. Our contact details are included if you have any questions.

**What do I need to do?**

- 1) If you would like your child to take part, please complete the screening and opt-in form found here: <https://forms.gle/Kikek2SdaZah3Dh59>
- 2) If you decide your child should NOT take part, you don't need to do anything.

Please make your decision before 17/10/25

Many thanks for your support!

*Royal Holloway Sleep Laboratory, AdSleep Team  
Royal Holloway, University of London*

### Does my child have to take part?

No, participation is entirely voluntary. Your child can stop participating at any time, without giving a reason, and this will not affect their education or attainment in school in any way.

### Why has my child been chosen to take part?

Your child has been invited because they are currently in Year 8 or 9.

### What will happen if my child does take part?

If you and your child choose to participate, the following steps will take place:

1. **Screening and opt-in.** Complete the short screening and opt-in form found here: <https://forms.gle/Kikek2SdaZah3Dh59>
2. **App Download.** If eligible, you'll receive an email with a link to download an app called Snoozify onto your child's phone. Snoozify was created by experts for the purposes of this study.
3. **Setup.** We will text your child's phone with app setup instructions. We may visit your child in school in small groups to help them set up the app and train them on how to use it.
4. **5 Weeks of Snoozify.** Snoozify is a 5-week project with 4 phases that aim to understand sleep habits in adolescents:
  - a. **Week 1:** Adolescents complete quick sleep and media diaries every morning to record the times they go to sleep and how much they use devices before bed.
  - b. **Cognitive tasks 1:** Adolescents follow an in-app link to complete online questionnaires about sleep, mood, and school engagement as well as tasks to assess memory.
  - c. **Weeks 2-5:** Adolescents continue the daily diaries. Half of the participants, who will be randomly chosen, will additionally be setting goals and daily targets which encourage earlier bedtimes and better sleep behaviours. The app will send reminders, offer feedback, and provide expert-developed sleep health advice.
  - d. **Cognitive tasks 2:** Adolescents complete the same online tasks as before, alongside new questions about their experience using the app.
5. **School Visits.** We may visit your child in school in small groups at times agreed with teachers throughout the 5-week period to encourage and support app engagement.
6. **WhatsApp helpline.** There will be a WhatsApp helpline that your child or you can text at any time if they have any issues using the app. This helpline will be run from a research phone that only the lead researcher has access to, and your child's number and texts will be deleted at the end of the 5-week period.
7. **School Information.** We will collect general information from your child's school (e.g., special educational needs, free school meals, and English as an additional language). If you do not wish the school to share this information with us, you can indicate so in the opt-in form.
8. **Rewards.** Your child will receive 25p per completed diary per day (up to 50p per day for 5 weeks = £17.50). They can win badges for completing in-app activities which can be exchanged for entries into a prize draw for AirPods Pro, a Kindle, and a £50 Amazon voucher. If they complete the whole 5 weeks including the post-intervention tasks, they will receive a £10 bonus payment, bringing the total possible earnings to £27.50, plus prize entries. We will contact you by e-mail at the end of the 5 weeks to arrange the payment. Payments below £5 will be made via bank transfer and payments of £5 or above will be sent as an Amazon voucher.

**IMPORTANT:** If your child forgets to complete diaries for 3 or more days during the first baseline week or 7 days in a row after that, they will lose access to the app and not be able to earn more. We will match your child's anonymous app user ID to your contact details to make payment at the end of the study. Some children taking part in this study use a version of Snoozify that has added functions to encourage them to sleep more. If your child was randomly allocated to the group that doesn't have these functions, we will offer

your child free access to the enhanced version after the 5 weeks if they want to try it. No data will be collected and no additional payments made if they choose to try it.

### **What are the risks and benefits of taking part?**

We don't anticipate any risks. Information about individuals will not be shared with anyone, including your child's school, and taking part (or not doing so) will not influence the grades or teaching your child receives at school. Participants in similar studies have found it interesting to take part and the findings will help researchers and teachers to understand how to support secondary pupils. If you agree to take part in the study, an electronic report summarising the findings can be sent to you at your request.

### **What will happen to the data?**

Any data collected will be held in strict confidence and no real names will be used in this study or in any subsequent publications. No identifiers linking you, your child, or the school to the study will be included in any sort of report that might be published. To achieve this, participants will be assigned a number and will be referred to by that number in all records.

The results of the study may be presented at national and international conferences, and in written reports and articles. The data and results of this study may also be placed on a reputable scientific archive, so other psychologists and researchers can investigate the validity of our study or use it to answer their own research questions. The data collected may be merged with other data. However, the data will remain completely anonymised throughout these processes and personal details will never be shared outside of the research team. All information will be processed in accordance with the provisions of the General Data Protection Regulation (GDPR), you can read more about how we comply with GDPR here <https://adsleep.psychologyresearch.co.uk/wp-content/uploads/2024/02/GDPR.pdf>

### **What happens if I change my mind?**

You can change your mind at any time. If you decide you want us to stop working with your child, please contact us using the details at the bottom of this letter. Your child is also free to change their mind at any point during the project. If you change your mind before we have made your child's data anonymous (November 2026), we will discard your child's data.

### **Who has reviewed the study?**

This project has been favourably reviewed by the Royal Holloway Research Ethics Committee. Furthermore, all researchers involved in collecting data individually with pupils hold an enhanced Disclosure and Barring Service (DBS) certificate.

### **Where can I get more information?**

If you have a question or a concern about any aspect of this study, please contact either the primary researcher, Dr Becky Crowley, via [becky.crowley@rhul.ac.uk](mailto:becky.crowley@rhul.ac.uk), the principal investigator Dr Jakke Tamminen via [jakke.tamminen@rhul.ac.uk](mailto:jakke.tamminen@rhul.ac.uk), or Royal Holloway's Research Ethics Committee via [ethics@rhul.ac.uk](mailto:ethics@rhul.ac.uk). If you wish to make a formal complaint, please email [integrity@rhul.ac.uk](mailto:integrity@rhul.ac.uk).

### **What should I do next?**

We hope that you and your child will agree to participate in the study. Please discuss the project with your child and complete the consent form if you and your child are happy to take part.