

**Information Booklet for
Children**

How can I help with science?

In science, it is important to test our ideas about the world and the way it works. Scientists think that sleep is important in helping us to remember new words that we learn during the day. We would like to test this in our new **Sleep on it!** study.

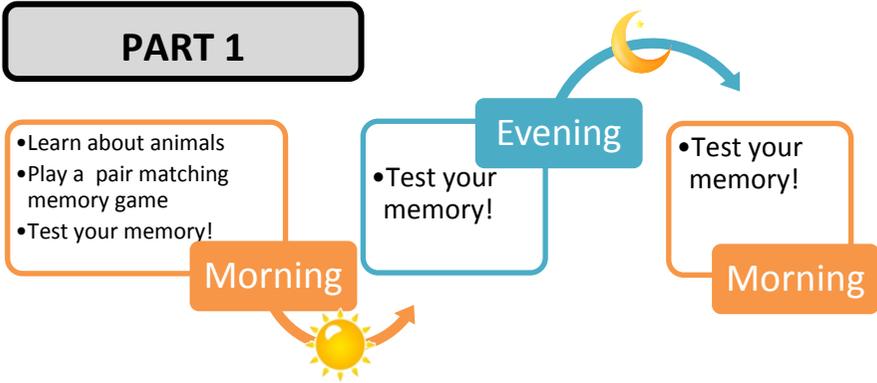
It is your choice whether you would like to help us with our study. This booklet will help you to decide whether you want to take part.

If you choose to take part, you will do some learning activities with us on two days, one week apart. Each day involves three short sessions, and you will be able to do your normal activities in between.

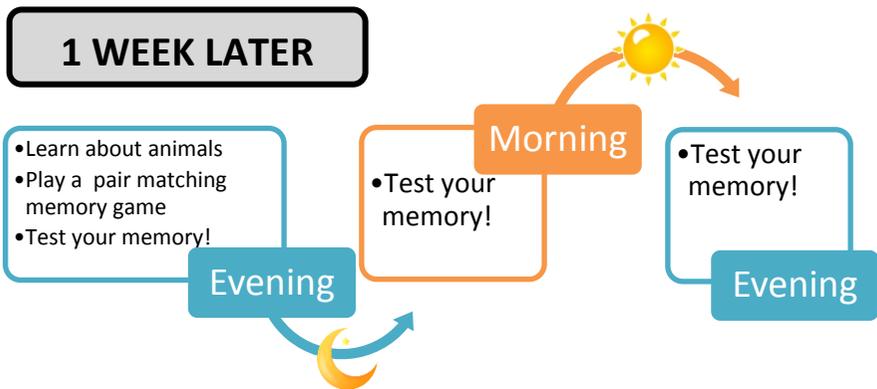
You will learn about lots of new animals, and also learn more about your sleep!



What will I need to do?



... Wear an activity tracker for the week and fill out a sleep diary. You can see how much sleep you got at the end!



What if I find the tasks difficult?

Don't worry! You might find it tricky to remember some of the new animal names, but that's OK – this isn't a test that matters in school. We save your score under a special code that isn't linked to your name, so no one else can know how well you have done.

By trying to remember the new animals, you will be helping us to understand how children learn. All that matters is that you try your best!

You can ask us questions about the study at any point.



Will the activities be fun?

We hope you will like learning about the new animals with us, and trying to test your memory for new things. If you agree, you will also be able to wear one of our special activity trackers for the week, and afterwards we will be able to show you how much you are sleeping.

At the end of the week, you will receive a certificate for helping with science, and a £20 Amazon voucher to thank you for all your hard work.



Any more questions?

If you would like to know anything else about the study before making your mind up, ask your parent or guardian to get in touch with us!