

# Sleep on it!

## Complete simple tasks in the comfort of your own home...

UNIVERSITY of York



### ***What is the study about?***

This study is exploring how people learn new words over time. You will be asked to learn some words presented on a computer screen, and then tested on them immediately and again the following day.

### ***Am I eligible?***

Participants must be monolingual English speakers aged 18-35, without documented reading or language difficulties.

### ***What will happen?***

The study consists of **four** sessions on four separate days. For each session you will need to be in a quiet place where you won't be distracted. You will need a computer with a keyboard, a mouse and internet access.

### **Session 1:**

You will receive a link to Qualtrics, an online questionnaire service. Session 1 will take approx. 60 minutes, please aim to finish this session **0-1 hours before you expect to go to bed**. On Qualtrics you will be asked to learn some new words, at the end of which you will be tested on how well you can remember them.

### **Session 2:**

You will receive a separate link for the second session to be completed the following morning. This will last around 15 minutes and we ask that you complete it 30-60 minutes after you wake up (please note snoozing time counts as sleeping time).

### **Sessions 3 & 4:**

You will be asked to complete sessions 3 and 4 **one week after** you complete sessions 1 and 2. These sessions will be similar to sessions 1 and 2. Specifically, session 3 will be completed 0-1 hours before you expect to go to bed, and session 4 will take place the following morning 30-60 minutes after you wake up. Sessions 3 and 4 will each take approx. 30 minutes. Both will be completed via Qualtrics.

### ***Who do I contact if there's a problem?***

The study is being run by Sarah Walker, Fay Fletcher & Victoria Knowland, who can be reached via our project email address: [sleepsmart@york.ac.uk](mailto:sleepsmart@york.ac.uk)

The Principal Investigators are Dr Lisa Henderson ([lisa-marie.henderson@york.ac.uk](mailto:lisa-marie.henderson@york.ac.uk)) and Professor Gareth Gaskell ([gareth.gaskell@york.ac.uk](mailto:gareth.gaskell@york.ac.uk)). This study has been approved by the Psychology Departmental Ethics Committee at the University of York, chaired by Dr Philip Quinlan. There are no risks to your taking part in the study and all data is stored confidentially. You may withdraw from the study at any time.