



The
AdSleep
Project

REMEMBER YOUR ACTIWATCH TOMORROW!



Dear Student,

As you know, you are a member of our research project investigating sleep, learning, and education in adolescence. As part of this project, we have asked you to wear an Actiwatch for the past week. This is a very big role in our project because it is important that we have reliable information about sleep patterns in our project students. So, we want to say a big **THANK YOU** for taking part in this aspect of the project. As a thank you, we will be giving you 5 extra entries into our prize draw to win a £10 voucher. We also have some extra gifts for you which you may have already received.

Tomorrow, the researcher will return to school to pick up these Actiwatchs so we can give them to another group of students at another school. Therefore, **please remember to bring your Actiwatch into school tomorrow** to hand it back in. Until then, you should carry on wearing it continuously as you have been (except in the bath/shower or during contact sports).

See you tomorrow!

The Sleep, Learning, and Memory Lab



If you would like any further information or to ask any questions, please do not hesitate to contact Dr Rebecca Crowley (becky.crowley@rhul.ac.uk).