

### Study Title:

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

Thank you for taking part in our study! We're incredibly grateful for your support. Each person's contribution helps us better understand the role of sleep in adolescence, and your participation has been vital. You've now completed all aspects of this study and you will not be contacted again.



### What was this study about?

The aim of this study was to explore how sleep during adolescence affects learning, memory, and mood. During puberty, sleep patterns naturally change, and many teenagers don't get as much good-quality sleep as they need. Previous research has shown that poor sleep can negatively impact learning, memory and well-being. We wanted to find out if we could help adolescents build better sleep habits, and, in turn, improve their mood and cognitive abilities.



### What did we do?

Our participants were randomly assigned to one of two groups. The sleep tracking group used Snoozify to track their typical sleep and device use habits daily for 5 weeks. The sleep intervention group used Snoozify to improve sleep habits through goal-setting and sleep education, while also tracking daily sleep and device use. Both groups completed tasks to measure learning, memory, mood, and school engagement at the start and end of the 5-week period.

### Can I try the intervention app?

If you participated in the control sleep tracking group, we would now like to give you the opportunity to try the full version of the app and try to improve your sleep and device use habits. If you are interested, please contact Becky Crowley (details below), and we will make the full version of the app available to you. If you do choose to try the full version of the app, this will be entirely voluntary. **No payments will be made and no prize draw entries will be accepted. We will also not collect any data from your engagement with the app.**

### What happens next?

Now that the study is complete, we will analyse the anonymous data to see if the app improved sleep habits in adolescents and whether better sleep boosted well-being and cognitive performance. Our hope is that this research will help policymakers, educators, and teenagers themselves understand the importance of good sleep during the teenage years. This work might also support changes to school policies, like later school start times, to better fit teenager's needs.

### Want to know what we found?

If you'd like a summary of the research findings (once completed), feel free to contact us (details below). We'd also be happy to answer any questions or concerns about the study. You can read more about our project and the latest updates at <https://adsleep.psychologyresearch.co.uk>

### Need support with sleep?

If you're worried about your sleep or your child's sleep, please speak to your GP. You can also find helpful resources from the NHS (<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>) and from The Sleep Charity (<https://thesleepcharity.org.uk/>).

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