



INFANT SLEEP TRIAL

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INFORMATION SHEET

Sleep and Nutrition Behavioural Intervention Trial

WE INVITE YOU TO PARTICIPATE IN A STUDY OF INFANT SLEEP, CRYING AND NUTRITION.

Experiencing difficulties with infant sleep is common. In collaboration with the University of South Australia, we are conducting a study on Infant Sleep and Nutrition with the aim of decreasing sleep problems in babies while supporting optimal growth.

Families will be recruited in the last month of pregnancy or in the newborn period (infant age 2-4 weeks), or if their infant is aged 6-12 weeks. The areas of infant and family well-being under study will include:

- Infant health
 - sleep
 - crying
 - growth
- Maternal well-being
 - depression, anxiety, stress
 - memory
- Family well-being
 - relationship satisfaction.

Continued over.



Participants will be allocated to either a control or experimental group. Participants in the experimental group will attend the study centre on several occasions (or receive consultations via Skype or similar technology) and will be provided with advice on infant sleep and strategies to promote infant sleep and optimise infant nutrition.

Participants in both groups will complete questionnaires at regular intervals over a 12-month period, on the sleeping, crying and feeding behaviours of their infant, and on their own perceived well-being.

Participation is voluntary and you may withdraw from the research at any time. All records containing personal information will remain confidential. A written summary of the research findings (overall results for both control and experimental groups) will be provided to all participants upon completion of the trial.

This project has been approved by the University of South Australia's Human Research Ethics Committee.

If you have any ethical concerns about the project or questions about your rights as a participant, please contact the Executive Officer of this Committee:

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If you are interested in participating, or would like further information, please contact:

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Researchers:

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Study Site:

Kensington Park Medical Practice

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