

Learning Disability Sleep Research Study



We would like to understand more about how sleep affects irritability in people with a learning disability.

We would like carers to help people with a learning disability with this research.



We will ask the person with a learning disability to wear an activity watch for 2 weeks and carers to record behaviour.



Afterwards, we might ask to talk to you and the person with a learning disability about sleep, health and activities.

Please note: if a person with a learning disability does not have capacity to consent, they may still be able to participate.

For more information and to get involved:



research@yourhealthcare.org

or



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