

Information about the Study

Sleep in Adults with Learning Disabilities

Why are we doing this study?



This study is happening to find out how poor sleep can make people with a learning disability more irritable or cause behaviours that challenge.



You can take part if you
Are 18 years old or older.
Have a Learning Disability.

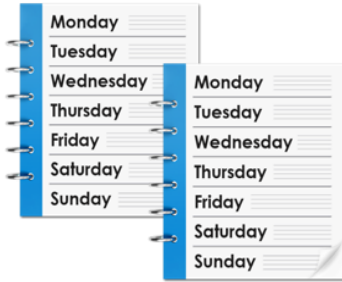


What will we ask you to do?

First, we would like to tell you about this study so you can ask us any questions. We will then ask if you want to take part.



If you agree to take part, we will ask you to wear an activity watch. The watch will record your movement, sleep, light and temperature where you are. We will ask you to wear the watch for two weeks during the day and night.



We will then ask your carer some questions and to keep a diary for those two weeks.

After those two weeks, we may ask if you want to talk to us about your health, activities, and sleep.

What happens when you talk to us?

We will talk for up to 30 minutes. We will audio record our conversation. We can meet you at our offices, speak to you using a video call or we can talk over the telephone.



Do I have to come and talk to you?

No. You do not have to talk to us. If you talk to us or not, it will not change your support. You may want to talk about this study with a family member or carer before you to speak to us.





Can I stop the study if I want to?

Yes. You can change your mind and stop at any time. You do not need to explain why you want to stop.

After our conversation, you will have 30 days to tell us if you want your information to be removed from the study. You or your carers can contact Paul if you want to take your information out of the research study.



Are there risks of taking part?

Some people may feel sad by talking about their health or activities. The activity watch that you wear might be uncomfortable. You can stop any time you want. When you talk to us, you can bring a family member or carer with you if this makes you feel better.



What happens to what I tell you?

Everything you say will be kept safe and private. We will audio record our conversation, but your name will be deleted.

If you tell us something which we think may lead to you or someone being hurt, we will have to tell someone who can give you the right support.



Are there good things about taking part?

We may be able to help other people similar to you by understanding sleep better.



What will we do with your information?

We will write a report and talk about the report people, like doctors and nurses. Your name will not be in this report.



What if I am upset by this study?

If you want to complain, you can talk to your carer who can contact us or you contact us here:

<http://www.yourhealthcare.org/en-gb/contact-us-/customer-care-complaints/>

If you or your carer would like to talk to us and take part in our research study, please contact:



Name: Paul Shanahan

Phone: 0208 339 8005

Email: research@yourhealthcare.org



Thank you for reading this information