

# Hello!

My name is Penny. Here is a picture of me.



This is Anna, who sometimes helps me with my work.



We want to know how tea might help people to feel calm and help them sleep better. We would like you to help us find out! Here is some information and some pictures to show you what we will ask you to do if you help us with the study.

You will come to visit us four times at Coventry University with the person who looks after you.

Here is a picture of the building you will go to.

We will ask you to do some different tasks with us. Here are some of the things we will do.



We will ask you to do some puzzles.

Like making patterns with these blocks.



We will ask you to point to different pictures.

Where is the umbrella?



We will ask you to do things with your body. Like slot the coins into the box as fast as you can, or balance on one leg for as long as you can!

We will ask the person who came with you to fill out some forms as well to tell us how you have felt between each visit.



We might ask you what is happening in these pictures.

We might also ask you about yourself, your friends, and things you do and don't like.



We will give you three different types of tea to take home and ask you to drink it every day for a period of two weeks for each tea. You can drink it on its own or mix it up with your favourite drink! How do you like it best?



Once you have had your special tea for a week we will send you your own gadget! This special watch will measure how much you move around and if you sleep well at night. We'll ask you to wear it on your wrist and look after it for us.



We also need you to dribble into a tube so that we can test for hormones that help you to sleep and stay calm. You'll do this in the afternoon, before bed and in the morning!

We will also ask you to tick a feelings diary once a day to say how you feel.



You will then need to come back into Coventry University for us to repeat some of the above activities.

It is your choice if you want to do these activities or not.

Tell the person who looks after you if there is anything that you do not want to do.