

Read this first

If you are 16 or older, please read this information and fill out the form at the end if you'd like to take part.

If you are younger than 16, please read this with your parent, carer or guardian.

If you turn 16 while taking part in the study, you'll be asked to update one of the study forms to show you're happy to continue.

Why are we doing this study?

- We want to see if new phone apps can help young people with sleep problems.
- Not sleeping well can make you feel worried or low, so we're going to check if these apps can help with these problems too.

About the apps

1. Sleep Solved

Sleep Solved will give you tips called sleep hacks to help you sleep better. These sleep hacks have helped other young people with their sleep.

Alongside this, you may also use an app called Phone Downtime. You tell it when you plan to sleep and wake up. This is only available for Android users.

2. Teen SHUTi (Sleep Healthy Using the Internet)

The SHUTi app has helped adults sleep better. We want to see if it can do the same for younger people.

3. Bite Back

Bite Back is a website that has been shown to improve wellbeing in young people.

Can I take part?

- You can join if you're aged 14 to 18 years old and have a smartphone.
- Unfortunately, you can't join if you're getting help from a doctor for sleep or mental health problems (e.g. depression or anxiety). This is because you should stick to the advice you're getting from your doctor.

What do I need to do?

- Start by answering questions: You'll first answer some questions to tell us if you agree to taking part. Then you'll fill out a short survey about your sleep and wellbeing.
- Use Sleep Solved whenever you want to. After 6 weeks you can also use SHUTi or Bite Back if you like.
- More quick surveys later: We'll ask you to do the short surveys again after 6 weeks, 6 months, and 1 year. This helps us see if anything has changed with your sleep or wellbeing.

Optional stuff:

- Chat with us: You can choose to talk one-on-one with someone from our team about how you sleep and what you think about the study. This chat would be online and could take up to an hour.

How we keep your information safe

For our study, we need to know a few things like your:

- name,
- contact details,
- date of birth,
- gender,
- ethnicity,
- postcode.

Who uses your information

- People in the research team will look at your information to make sure our study is done right.
- No one else will be able to see your name or how to contact you. We'll use a code number instead of your name.

Keeping it safe

We will keep all information about you safe and secure. But we might have to tell your school or college if we are really concerned about your safety, or if we believe that you may be at risk of harming yourself or others.

After the study

When we're all done, we'll keep some of the data so we can double-check the results. But we'll write our reports in a way that no one will know that you were part of the study.

Your choices about how your information is used

You can leave the study any time you want, and there is no need to say why. We have to keep your records a certain way to make sure the study works. This means you can't see or change your information once we have it.

Want to know more about how we use your information?

- Ask someone from our research team

- Visit this website: www.hra.nhs.uk/information-about-patients/
- Email the University of Bristol Information team on research-governance@bristol.ac.uk
- To see how the University of Bristol handles your personal data, visit this website: <http://www.bristol.ac.uk/secretary/data-protection/policy/research-participant-fair-processing-notice/>

Do I have to join?

No need to join if you don't want to. You can leave any time, too.

Are there any benefits if I join?

You'll get tips to sleep better. You might get to try SHUTi or Bite Back to help with your sleep and wellbeing.

Are there any downsides if I join?

The only downside is the time it takes to complete the surveys, which takes about 5-10 minutes. Most people will be asked to complete the survey 4 times.

What do I do now?

If you are happy to join this study, please click 'continue' at the bottom of the page.

Who is funding this research?

The Prudence Trust: They fund studies about helping young people feel better.

Questions?

Talk to us via email: sttamp-study@bristol.ac.uk. We'll get back to you as quickly as possible.