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**TRIAL PROTOCOL [TP]**

1. Pregnant women attend scheduled antenatal clinic UMMC for routine follow up.
2. Suitability for recruitment assessed through antenatal record and **Eligibility Assessment Form [EAF]**.
3. Patients will also be asked to fill in the **Pittsburgh Sleep Quality Index [PSQI]**.
4. Patients who fulfill both inclusion and exclusion criteria are approached for recruitment and provided with a **Patient Information Sheet [PIS]** and a verbal explanation with regard to trial participation.
5. Patients who agree to participate in the study will sign and date the **Consent Form**.
6. If the patient does not agree, they will be excluded from recruitment and subsequent care will be according to standard treatment protocols.
7. Participants’ relevant details and characteristics will be transcribed onto the **Case Report Form [CRF]** by the investigator.
8. All participants will be provided the ActiGraph wGT3X-BT device and instructed on its use – worn like a wristwatch to sleep at night for 7 consecutive nights **(Baseline Week 1)**.
9. Participants will be told to record their ‘Time In Bed’ (TIB),‘Time Out of Bed’ (TOB) for sleep and napping during the day( participant will be given a Sleep diary)
10. Participants are informed that they will or will not receive either eye-masks and earplugs (EMEP) to help improve their sleep.

* Participants in the intervention group will be provided with a sleep diary, eye masks and earplugs (EMEP).
* The control group will be provided with a sleep diary

1. The eye-mask and earplugs are to be used for 7 consecutive nights when in bed for sleep concurrent with ActiGraph wGT3X-BT device. The eye-mask and earplugs can be removed when participants mobilise during the night, but to be re-worn on returning to bed to sleep. The eye-mask-earplugs and the ActiGraph wGT3X-BT device are to be removed on the morning awakening.
2. After seven days, participants will need to return with their devices for data retrieval.
3. Data will be retrieved and analysed from these devices.
4. At this point, participants will be asked to complete the modified Pittsburgh Sleep Quality Index (PSQI).] and to perform oral glucose tolerance test (OGTT)
5. Data collection by the investigator will be completed when:
   * Participants’ sleep data has been retrieved after Intervention
   * Case Report Forms are completed with participants’ TIB, TOB and napping time
6. Data entry and analysis will be done using SPSS Statistics Software.