

## **Data-driven personalized sleep and wellness plans using single-subject (n=1) experiments**

Contact: Kastan Day and/or Jason Jin (kday1 and jjin3 @swarthmore.edu)

Protocol Expiration Date: 8/15/2020

### **Description**

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You are invited to participate in a Swarthmore College research study on your experience with our Memento Labs app. The purpose of this study is to evaluate whether or not this tool can clearly, and accurately provide users with valuable information and recommendations regarding their own sleep habits. You will be asked to install and use the Memento Labs app. You will also be asked to provide your occupation, birth date, gender. The app may send you notifications with recommendations for ways to improve your sleep. You might receive these recommendations either as notifications through the app, as text messages or as emails. You will be given the choice of whether you prefer text message or email, but if your preferred method doesn't work, we will send you notifications through the other method. Throughout the study, you will be asked to answer survey questions about the quality of your sleep. You might be asked to give us extra feedback on your experience and the Memento Labs app. Your feedback will be analyzed in conjunction with your usage activity and data from the app, and all data collected will be both anonymous and stored on password-protected servers. To be eligible to participate, you must be 18 years or older, have no known sleep disorders, and agree to provide your age, gender, whether you take sleep medication, and you must agree to follow the health and/or sleep recommendations to the best of your ability. You may choose to exit the study at any time for any reason.

### **Time involvement**

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Using the app will take approximately 5 minutes or less per day. We ask you use the platform for a minimum of 8 days (2 weeks is vastly preferable) and may continue up to 8 weeks and beyond.

### **Risks and benefits**

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There are minimal risks associated with this study: if you alter your sleep habits, you might experience a slight decrease in alertness. The feedback you give may help improve the Memento Labs app so that it is better able to make recommendations about user sleep patterns. Receiving standard text messages might incur costs that we do not cover. We cannot and do not guarantee that you will receive any benefits from the program. You will receive a personalized sleep and wellness action plan, tailored to you, and will help contribute to the frontier of knowledge about personalized, data-driven health improvement.

## Participant's rights

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If you have read this form and decided to participate in this project, please understand your participation is voluntary and you have the right to withdraw your consent via email or discontinue participation at any time without penalty or loss of benefits to which you are otherwise entitled. If you choose to withdraw, you have to uninstall the application from your phone or if using the web version, email us. You have the right to refuse to answer any question you'd like. The results of this research study may be presented at scientific or professional meetings or published in scientific journals. Any mention of participants will be irreversibly anonymized for the sake of privacy.

## Contact information:

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**Questions:** If you have any questions, concerns, or complaints about this research, its procedures, risks and benefits, contact the Protocol Directors Kastan Day and/or Jason Jin, at kday1 and jjin3@swarthmore.edu.

**Independent contact:** If you are not satisfied with how this study is being conducted, or if you have any concerns, complaints, or general questions about the research or your rights as a participant, please contact the IRB to speak to someone independent of the research team (610-957-6150). You can also write to the Swarthmore IRB at [irb@swarthmore.edu](mailto:irb@swarthmore.edu)

If you consent, click through to sign up. Thank you!