Participant Information Sheet (PIS)

1. **Study number:** IEC (September 2023) #2
2. **Principal Investigator:** Dr. Anshu Bhardwaj
3. **Name of the Institution:** CSIR-Institute of Microbial Technology, Sector-39A, Chandigarh-160036
4. **Study title:** Unveiling the Impact of Sleep Deprivation on Comorbidities in the Population of Chandigarh with Emphasis on Awareness
5. **Study duration:** One year
6. **Sponsor of study:** DST, Chandigarh
7. **Purpose and benefits of study:** Our study aims to increase awareness about the significance of sleep and its relationship with comorbidities. We aim to identify the sleep-deprived population in the Chandigarh region, assess the impact of sleep on comorbidities, and determine which patients with comorbidities are associated with sleep deprivation. There is a lack of awareness about the importance of sleep among individuals. In today's fast-paced world, sleep is often neglected. According to the Centers for Disease Control and Prevention, irregular sleep patterns and chronic sleep deprivation have been associated with several comorbidities, such as diabetes, cardiovascular diseases, obesity, hypertension, and depression. To address this lack of awareness, health professionals will be involved, and a sleep and related comorbidities dashboard will be created.
8. **Study procedure, duration and (if applicable) schedule pertaining to participants:** In order to conduct our research, we will develop a questionnaire that covers several aspects related to sleep, including daytime sleepiness, sleep duration and quality, stress levels, sleep-wake patterns, chronotype, and comorbidity scale. We will use a variety of scales to assess these factors, including the Pittsburg Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), Karolinska Sleepiness Scale (KSS), Perceived Stress Index, a self-assessment scale to determine morningness-eveningness. We will measure participants' responses to these questions using scaled scores. The study will last for one year, the dashboard created with this data will continue to be populated in order to share the impact of the work done during the project. Participants will be provided with an overview of the importance of sleep and related comorbidities before filling out the questionnaire. Clinicians will also record patient data as part of the study. The questionnaire will take approximately one hour and the discussion about the study and informed consent form will also be discussed.
9. **Possible risks to the participant:** None
10. **Confidentiality of data and records of the participant:** No traceable information is collected for participants.
11. **Participant's responsibilities:** Participants should fill out the form accurately.
12. **Participant's rights:** Participants have the right to inquire about the purpose of the study and can access their own data.
13. **Compensation to the participant of the study:** NA
14. **Contact information (*the participant may contact the following persons for further information*):** Dr Anshu Bhardwaj, +91-9910172490

Participants Initials ……