

Human Subject Consent Form

Student: Rachel Bai

Project Mentor: Nicole Windmon nwindmon@webb.org

Student Email: rbai@webb.org

Project Title: Smart Sleep System

I am asking for your voluntary participation in my science fair project. Please read the following information. If you would like to participate, please sign in the appropriate space below.

Purpose of the project:

I want to create an affordable and portable sleep tracker that will give users a platform for long-term sleep quality and sleeping disorder tracking outside of sleep labs.

Participant procedures:

If you decide to participate, you will be asked to sleep overnight in your normal bedroom with a wristwatch sleep tracker with a 3D printed case made of plastic and nylon watch strap on your wrist starting at a time of your choosing. Whenever you wake up, the recording period will end and the sleep tracker will be removed and you will fill in a survey about the quality of your sleep and some personal information needed for analysis of the data, including age, gender, and whether or not you have a sleeping disorder.

Time required for participation:

Three nights of normal sleep, ~25.5 hours, with 3 overnight trials per person.

Risks to you:

The data from the overnight recording will never be shared with anyone outside of the project, and will never be directly published on the internet. If the device is uncomfortable, or if you feel pain or discomfort at any time during the recording period, you can opt-out at any time and your data will be deleted. If the experiment is causing stress, you can opt-out, and no data will be saved or used from that trial. The 3D printed case uses a biodegradable, skin-safe plastic, and it is also covered in a medical-use felt padding, ensuring safety and comfort.

Benefits to you:

You will be able to see the objective quality of your sleep and help with the development of a sleep disorder tracker.

Confidentiality of your name and any data gathered:

At the beginning of the experiment, you will be assigned a tracking number. All data and surveys will be tracked by that number, not your name. The data will be saved on the computer of the researcher as a text file with the tracking number as the name. The researcher will never share the information with anyone outside the experiment without written permission from the participant.

The following personal information will be collected from you only for the purpose of this research study:

- Age
- Gender
- Pre-existing sleep disorders
- General health during recording period

This information will remain anonymous and will not be collected or distributed without your consent.

Contact Name, phone and email:

Advisor: Nicole Windmon nwindmon@webb.org 574-440-4729

Student: Rachel Bai rbai@webb.org 909-374-9051

For Participants and their Parent/Guardian to sign

I have read and understand the information above and I freely give my consent to participate or permission for my child to participate in this Human Subject Project.

Student Informed Consent Date Reviewed & Signed: _____

Name of Student Research Subject: _____

Signature: _____

Parental/Guardian Permission (if applicable) Date Reviewed & Signed: _____

Parent/Guardian Printed Name: _____

Signature: _____