



**DO YOU HAVE A CHILD  
IN 8<sup>th</sup> GRADE?**

**ARE YOU INTERESTED IN  
HOW YOUR CHILD'S  
SLEEP IMPACTS THEIR  
BEHAVIOR AND SCHOOL  
PERFORMANCE?**

VCU's department of psychology is inviting 8<sup>th</sup> grade students and their families to participate in a study exploring how sleep impacts academic and behavioral functioning, including attention and focus in the classroom.



*This study has been approved by the  
Virginia Commonwealth University  
Institutional Review Board*

### **WHO?**

8<sup>th</sup> grade students

### **WHAT?**

Participation will involve answering questionnaires about:

- Sleep habits and patterns
- Emotional/behavioral health
- Academic achievement
- Behaviors including difficulties with inattention and concentration

### **WHEN?**

- You will be asked to complete questionnaires 5 times, including beginning and end of 8<sup>th</sup> grade, beginning and end of 9<sup>th</sup> grade, and middle of 10<sup>th</sup> grade.
- A total of \$265 in compensation is available for completing the questionnaires.
- The initial study visit includes a *free mental health and academic achievement evaluation and you will receive \$75 and a report describing the findings.*

### **INTERESTED IN PARTICIPATING?**

**Please call the study coordinator  
to receive more information  
about the study and/or to  
schedule the initial study visit:**

**Hana-May Eadeh**

**804-828-5517**