



Participant Information Sheet/Consent Form

Title	An investigation of electromagnetic field exposure on sleep quality in healthy adults.
Senior Supervisors	Prof Marc Cohen, Dr Russell Conduit Adjunct Prof Gerard Kennedy
Principal Research Student(s)	Nicole Bijlsma

What does my participation involve?

1 Introduction

You are invited to take part in this research project, which is called Electromagnetic Field Sleep Study. You have been invited because you are healthy and sleep normally and live in a detached house. Your contact details were obtained by you responding to a recruitment advertisement. This Participant Information Sheet/Consent Form tells you about the research project. It explains the processes involved with taking part in the study. Knowing what is involved will help you decide if you want to take part in the research. Please read this information carefully. Ask questions about anything that you don't understand or want to know more about. Before deciding whether or not to take part, you might want to talk about it with a relative or friend.

Participation in this research is voluntary. If you don't wish to take part, you don't have to. If you decide you want to take part in the research project, you will be asked to sign the consent section. By signing it you are telling us that you:

- Understand what you have read
- Consent to take part in the research project

You will be given a copy of this Participant Information and Consent Form to keep.

2 What is the purpose of this research?

This project aims to investigate the impact of a standard radiofrequency electromagnetic field device on sleep quality in healthy subjects. It is known that electromagnetic field such as that produced by routers and baby monitors may have biological effects that may potentially impact on sleep function. It is unclear whether having a baby monitor close by while sleeping affects the quality of sleep. This research has been initiated by the researcher, Nicole Bijlsma and forms part of her PhD research. Nicole has a scholarship from the Jacka Foundation and RMIT University that is supporting her candidature. This study has no other funding.

3 What does participation in this research involve?

- You will be asked to read the Participant Screening Tool and ask any questions about the study before signing a consent form.

- You will be asked to make an appointment to get your home assessed for suitability for the study. This will involve measuring background electromagnetic field exposure in your bedroom.
- If you and your home are deemed suitable, you will be asked to participate in the four week study and the following will occur:
 - In weeks 2 and 4, a conventional baby monitor (that is either active or disabled) will be placed in your bedroom within one metre of your bedhead.
 - For the duration of the study (4 weeks), you will be asked to avoid using digital devices, or screens without a blue light filter at least one hour before bed
 - You will be asked to complete a sleep diary every morning for the duration of the study
 - You will be asked to wear an Actiwatch for the duration of the study (except during bathing) that will measure your level of movement. We will show you how to use it.
 - On the morning of the 8th day of each week, you will be asked to complete a sleep quality survey (Pittsburgh Insomnia Rating Scale 20).
 - On the 7th night of each week (4 times in total), you will be asked to wear two devices. 1. the ZMachine® involves attaching 3 electrodes to the back of your neck to record your brain waves and 2. a heart rate monitor that requires you to attach 3 electrodes to your chest. We will show you how to use them.

4 Other relevant information about the research project

There are no costs associated with participating in this research project, nor will you be paid. There will be a maximum of 20 people participating in this study

5 Do I have to take part in this research project?

Participation in any research project is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the project at any stage. If you do decide to take part, you will be given this Participant Information and Consent Form to sign and you will be given a copy to keep. Your decision whether to take part or not to take part, or to take part and then withdraw, will not affect your relationship with the researchers or with RMIT University.

6 What are the possible benefits of taking part?

We cannot guarantee or promise that you will receive any benefits from this research; however, you may appreciate contributing to knowledge. Possible benefits may include having an assessment of the electromagnetic field of your bedroom and an assessment of the quality of your sleep.

7 What are the risks and disadvantages of taking part?

The baby monitor that will be used is a standard device approved for home use and there are no obvious risks involved with this study.

8 What if I withdraw from this research project?

If you do consent to participate, you may withdraw at any time. If you decide to withdraw from the project, please notify a member of the research team. You have the right to have any unprocessed data withdrawn and destroyed, providing it can be reliably identified.

9 What happens when the research project ends?

You will be informed of your individual results as well as a summary of the overall results of the study. You will also be informed of the results of the electromagnetic fields taken in the bedroom of your home.

How is the research project being conducted?

10 What will happen to information about me?

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that you cannot be identified so that your information will remain confidential at all times. Only de-identified and group results will be reported and at no time will any individual's identified results be published. All these publications will be made available through the RMIT Repository in the reports as an Appropriate Durable Record (ADR), which is a publicly accessible online library of research papers.

All data and your consent forms will be kept securely at RMIT University for 15 years after publication before being destroyed. Only the published research papers will remain online.

11 Who is organising and funding the research?

This research project is being conducted by Nicole Bijlsma as part of her PhD at RMIT University.

12 Who has reviewed the research project?

All research in Australia involving humans is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). This research project has been approved by the RMIT University HREC. This project will be carried out according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect the interests of people who agree to participate in human research studies.

13 Further information and who to contact

If you want any further information concerning this project, you can contact Nicole on 0417 310 002 or any of the following people:

Research contact person

Name	Russell Conduit
Position	Chief investigator / Senior supervisor
Telephone	9925 6688
Email	russell.conduit@rmit.edu.au

14 Complaints

Should you have any concerns or questions about this research project, which you do not wish to discuss with the researchers listed in this document, then you may contact:

Reviewing HREC name	RMIT University
HREC Secretary	Peter Burke
Telephone	03 9925 2251
Email	human.ethics@rmit.edu.au
Mailing address	Research Ethics Co-ordinator Research Integrity Governance and Systems RMIT University GPO Box 2476 MELBOURNE VIC 3001

Consent Form

Title	Electromagnetic field Sleep Study
Chief Investigator/Senior Supervisor	Russell Conduit
Associate Investigator(s)/Associate Supervisors	Adjunct Professor Gerard Kennedy and Professor Marc Cohen
Research Student(s)	Nicole Bijlsma

Acknowledgement by Participant

I have read and understood the Participant Information Sheet.

I understand the purposes, procedures and risks of the research described in the project.

I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I freely agree to participate in this research project as described and understand that I am free to withdraw at any time during the project without affecting my relationship with RMIT.

I understand that I will be given a signed copy of this document to keep.

Name of Participant (please print) _____
Signature _____ Date _____

Declaration by Researcher*

I have given a verbal explanation of the research project, its procedures and risks and I believe that the participant has understood that explanation.

Name of Researcher* (please print) _____
Signature _____ Date _____

* An appropriately qualified member of the research team must provide the explanation of, and information concerning, the research project.

Note: All parties signing the consent section must date their own signature.