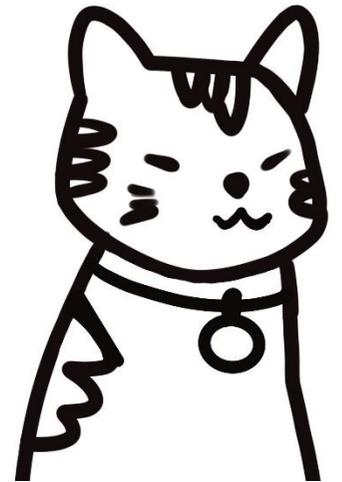
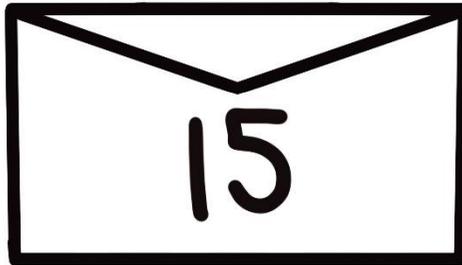


My Watch Tracker!

My Name is _____

Every day that you have your special 'actigraph' watch on, put a sticker on the star!





STARs

The Sleep Transitions and Regularity Study

A note to parents:

This is an extra tool to make the study period a more enjoyable time for your little one!

Your child may wish to use the provided stickers, use their own, or colour in the stars to keep track of their actigraph use.

No need to send this back with the other study materials on the 15th day as this is an optional activity.

If you have any questions or would like to speak to the STARs Research Team, please contact us on the details below:

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Phone: 0447 923 587

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**THE UNIVERSITY
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AUSTRALIA

