

Targeting Obesity Through Sleep: TOTS Study

A Pilot Study



Are you keen to help your baby sleep?

We are looking for soon-to-be Mums who live in Dunedin and:

- are in their last trimester of pregnancy,
- are keen to receive some help about their baby's sleep,
- have some risk factors, which may mean their baby could be overweight later in childhood.

If you have booked into the Queen Mary Maternity Centre you have probably received a letter about this study. If you haven't received it, please go to our website link (below) and answer a few quick questions. This will tell us if you can take part in the study. A researcher will then contact you by phone or visit you at home (whichever is easiest for you) to explain more about the study. You can ask them as many questions as you want before deciding whether you want to take part.



Keen to find out if you can take part?

Please take a slip below with the website link and our contact details. When you get a chance, enter the link below into your internet browser (Firefox, Safari, Explorer etc.) and see how you go! It is best to do this on a desk or laptop computer rather than a phone.

Link: <https://tots.otago.ac.nz>

Thank you!

Rachel Sayers, Assistant Research Fellow,
Department of Women's and Children's Health,
Dunedin School of Medicine

Grab the website link or give us a call!



<https://tots.otago.ac.nz>
Phone Rachel:
021 1234480 or 03 4709760
Email: tots@otago.co.nz

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