

May 19, 2019

Dear registrant,

This letter is being sent to registrants of patient advocacy foundations for neurodevelopmental and neuropsychiatric disorders. We are conducting a study to determine sleep patterns in individuals with neurodevelopmental and neuropsychiatric disorders compared with other individuals. The research will be conducted at Baylor College of Medicine with affiliation to Texas Children's Hospital.

For the study, we will ask you to complete a survey either in person or by phone which will take approximately 15 minutes. To complete the survey the Principal Investigator (PI) or a member of their research staff will ask you 33 questions related to you or your child's sleep patterns. We will administer the survey yearly for three years. We will also ask you or your child to wear an activity monitor for 14 consecutive days. The device is similar to a watch that records motion and light. We will mail the device to you with instructions and provide a pre-paid postage box to return the device.

This study is voluntary and you or your child can drop out at any time without penalty to their healthcare.

If you have any questions about this study or would like to participate, please contact the research staff;

Maria McCormack, Research Coordinator II  
1250 Moursund St., Suite 925  
Houston, TX 77030  
Phone: 832-824 8775  
Email: [maria.mccormack@bcm.edu](mailto:maria.mccormack@bcm.edu)

If you are not interested in participating, please feel free to disregard this letter.

Thank you for your consideration.

Sincerely,

Jimmy Holder, MD, PhD  
Assistant Professor of Pediatrics  
Baylor College of Medicine

