



Department of Psychology

The University of Hong Kong

香港大學心理學系

Sleep Research Laboratory

我們誠邀：

十二至十七歲的男性青少年參與本研究

- 佩戴8天手錶式活動記錄儀
 - 完成一些電腦測試 (需時約一個半小時)
- 完成調查的參加者將會得到港幣**100元**補貼以及睡眠報告！

請通過下鏈接報名或與我們電話聯繫：

<https://goo.gl/forms/57BVBxhzZWFjMWHI2>

Contact us:

Website: <http://www.psychology.hku.hk/sleep>

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Ethical approval no.: EA1605018

Intra-individual Variability In Sleep/Wake Pattern & Self-Regulation

Sufficient and timely sleep is the key to maintain good health, but little is known about whether day-to-day sleep variation could lead to adverse health outcomes. The current study aims to examine the association between sleep-wake pattern and self-regulation, which is an important predictor for success in addition to intelligence and opportunities.

Male adolescents aged 12-17 years old invited to take part in our experiment about your sleep (please kindly refer to the link on the left). Your sleep-wake pattern will be assessed for an 8-day period by wearing an actiwatch, and you will take some computerized tasks (less than 1.5 hours) in our research lab. You will be given HK\$100 as compensation and a report on your sleep.

睡眠規律性與自我控制能力的相關研究

雖然充足及按時的睡眠被認為是保持健康的關鍵，但現今我們未能確定日常睡眠的不規律性（睡眠時間以及長短的變化）會否對身體造成不良影響。此外，自我控制能力是成功的重要因素之一。本研究旨在揭示睡眠規律性與自我控制能力的關係。

如果你是12至17歲男性青少年並有興趣參加本調查，請參考左側的鏈接。參與的同學需佩戴8天手錶式活動記錄儀以客觀記錄其睡眠情況，並完成一些實驗室的測試 (需時約一個半小時)。完成調查的參加者將會得到港幣100元補貼以及睡眠報告。