



## Researchers at Vanderbilt are studying the reliability of a wearable device to monitor sleep quality in young children with Rett syndrome

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### Who can participate?

Females ages 4-18 with Rett syndrome

### What does the study involve?

This is a two-part study, with the second part being *optional*.

The first part of the study involves:

- An in-person clinical evaluation at VUMC, during which your child will be fitted for an E4 watch. This device measures movement, heart rate variability, and skin temperature.
- The child will wear this watch for 6 nights/7 days after the evaluation.

The *optional* second part of the study involves an overnight stay at the VUMC Sleep Clinic (located inside the Nashville Marriott at Vanderbilt), during which your child will participate in a monitored sleep study while wearing the E4 watch. Parents will stay with their child in the hotel room during the sleep study.

Participants will be compensated with \$75 for completing the first part and \$125 for completing the second part. Parents will also receive a report of results from the sleep study.

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