

# Are you a first-time expecting parent?



Hello! The team *Once Upon a Night*, in the sleep research laboratory (under the supervision of Marie-Hélène Pennestri, PhD, psychologist), is in the process of recruiting first-time expecting parents to participate in a three-part research study (3rd trimester of pregnancy, 3 months and 6 months postpartum).

We will record the sleep of future parents and infants at home with a watch, to study the associations between **sleep**, **parental expectations**, and **well-being**.

## We are looking for

- Mothers who have been pregnant for less than 7 months.
- Prospective parents fluently speaking in French or English.
- Prospective parents (18+) living together for at least 6 months.
- Mother or life-partner diagnosed with a depressive or anxiety disorder.
- Mother or life-partner taking medication for depression, anxiety, or sleep.

**Financial compensation in the form of up to \$30 gift cards will be offered after each part of the study (for a total of 3 parts)**

If you are interested or would like more information, please contact us at the following address :

 [iletaitunenuit.cnmtl@ssss.gouv.qc.ca](mailto:iletaitunenuit.cnmtl@ssss.gouv.qc.ca)



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