

DEBRIEFING SHEET



Exploration of Smoker's Perceptions of Sleep, Smoking and a Sleep Intervention for Insomnia

Thank you for taking part in this study. The aim of the project is to understand smoker's experiences of sleep and views on if or how it is affected by smoking or smoking cessation. We also asked for your thoughts and opinions on an intervention that is commonly used to treat insomnia and if it may be tailored to help smokers during a quit attempt.

During the study session, you completed a short survey and completed an interview about your sleep, smoking behaviour and a variety of intervention components. The information you have provided will help us understand your experiences of sleep as a smoker/ recently quit smoker and also your opinions on different intervention components. This insight will be invaluable when designing future interventions and provide more knowledge to the research community studying this area.

Your transcript and survey data will be fully anonymised with a unique numeric identifier; therefore, you will not be identifiable from any aspect of this research. At some point, the data will be made "open" which means they can be downloaded from the University's data website. You can request a copy of the final research paper if it is published in an academic journal, which will also be posted on the University of Bristol repository.

This project is conducted under the official title of '**A qualitative exploration of smoker's perceptions of sleep, fatigue and cognitive behavioural therapy for insomnia to inform a dual-action digital sleep intervention to aid smoking cessation.**' If you have any questions about this work, please contact joe.matthews@bristol.ac.uk.

If you would like to take part in other studies, please contact the TARG research team: psyc-targ@bristol.ac.uk, or visit our website: <http://www.bristol.ac.uk/psychology/research/brain/targ/>

If you have any questions or concerns about your sleep or smoking, we recommend that you speak to your GP. You can also visit the NHS Smokefree website for further advice on how to get help (<https://www.nhs.uk/better-health/quit-smoking/>).