

Official Title of the Study:

REM Enhancement Sleep Technology for Well-being, Emotion, and Life Lift

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May 4, 2026

INFORMED CONSENT FORM

<p>Study Title: REM Sleep Augmentation Technology for Well-being, Affectivity, and Quality of Life Improvement</p> <p>Research Project: REST-WELL, PN-IV-P7-7.1-PTE-2024-0844</p> <p>Study Coordinator: Assoc. Prof. Cosmin Popa, PhD</p>
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The data contained in this form will be treated confidentially, in accordance with Regulation (EU) 2016/679 on the protection of natural persons with regard to the processing of personal data (GDPR) and Law no. 190/2018 on measures for the implementation of the GDPR. In the field of electronic communications, the processing of data also complies with the provisions of Law no. 506/2004 on the processing of personal data and the protection of privacy in the electronic communications sector, as subsequently amended and supplemented. The data collected or resulting from the administration of psychological questionnaires are considered confidential documents, according to Law no. 213/2004 on the exercise of the profession of psychologist with the right to practice, as subsequently amended and supplemented.

Full Name _____

Faculty-Specialization / Profession _____

Year of Study / Professional Experience _____

E-mail Address _____

Age: _____

Gender: ☐ Female ☐ Male ☐ Other

1. General Description:

Between **November 2025 and February 2027**, the "George Emil Palade" University of Medicine, Pharmacy, Science, and Technology of Târgu Mureș will conduct the research project entitled: *REM Sleep Augmentation Technology for Well-being, Affectivity, and Quality of Life Improvement*. Specifically, this study aims to leverage the potential of REM sleep to enhance your emotional state, quality of life, and, consequently, your academic performance.

The study will utilize an innovative digital application that employs specific **Artificial Intelligence (AI) algorithms** to predict moments of REM (deep) sleep and deliver subtle, personalized **haptic interventions** via an Apple Watch. These interventions are designed to finely modulate sleep stages to support emotional balance without causing any sleep disturbances.

Your task will consist of wearing an **Apple Watch during the night for a period of two months (sixty days)** and completing several brief psychological questionnaires as follows:

- **Questionnaire 1 – K10 Scale:** administered on Day 0 and Day 60, to measure stress-related difficulties;
- **Questionnaire 2 – WHOQOL-Bref Scale:** administered on Day 0, 30, and 60, to evaluate quality of life;
- **Questionnaire 3 – PROMIS Scale:** administered every two weeks, to measure sleep quality;
- **Questionnaire 4 – DERS Scale:** administered every two weeks;
- **Questionnaire 5 – PERMA Scale:** administered on Day 0, 30, and 60.

These are short-form questionnaires, and the completion time will vary depending on each individual.

Signing this document implies your **consent to participate** in this research project. In accordance with your rights as a beneficiary of the services provided through this project, you have the opportunity to ask questions or request information regarding any aspect of the present study. All assessment and psychological intervention activities will take place **online**.

2. Withdrawal from the Study

If you wish to do so, you may withdraw from the study at any time without any negative consequences. Additionally, the research team may decide to exclude you from the study following repeated failures to follow instructions or in the event that, for various reasons, it is decided to discontinue the entire study.

3. Confidentiality and Safety

We guarantee the confidentiality of your participation and the information provided throughout the study, as well as the safety of the procedures used. The study complies with the ethical standards of the "George Emil Palade" University of Medicine, Pharmacy, Science, and Technology of Târgu Mureș. Your data will be used solely for research purposes, and no one outside the research team will have access to it. Data will be stored under maximum security conditions for a period of three years following the completion of the study.

4. Information Regarding the Processing of Personal Data

In accordance with the requirements of Regulation (EU) 2016/679 (GDPR) and Law no. 190/2018, the research team of the ongoing study: "REM Sleep Augmentation Technology for Well-being, Affectivity, and Quality of Life Improvement" is obligated to manage the personal data you provide (email address, faculty, year of study, age, gender, and psychological data) securely and only for the specified purposes.

The purpose of collecting psychological data is to enable your participation in the aforementioned study. Statistical processing of the provided data will be analyzed at the sample level and will not be presented individually in any resulting scientific publications. Your email address is used to contact you in the event that you win one of the books provided. You are not obligated to provide this data; however, your refusal will make it impossible to conduct the activities for the purposes indicated above.

The recorded information is intended for use by the members of the research team. Under the GDPR, you have the right to access, the right to rectification (intervention), and the right not to be subject to an individual decision. Furthermore, you have the right to object to the processing of your personal data and to request the erasure of your data or select the anonymity option. To exercise these rights, you may submit a written, dated, and signed request to the email address: cosmin.popa@umfst.ro.

5. Contact Details

For any inquiries related to this study, during or after its completion, you may contact the research team via email at: cosmin.popa@umfst.ro.

Thank you!

As a participant in this study, I have understood the details provided, and I have been given answers and explanations to all the questions I had regarding the activities and implications resulting from my participation. I am aware of all these aspects, and I wish to join this project of my own free will.

Study coordinator,
Assoc. Prof. Cosmin Popa, PhD

Participant's signature,
