

**Additional file 2: Informed consent forms.**

**Informed consent forms**

Dear Sir or Madam:

I will conduct a research project entitled “Associations between sleep duration, sleep quality, and weight status in Chinese children and adolescents”. The purpose of this study is to examine the association between sleep and weight status of children and adolescents. I write to invite your children to participant in this research project.

This study is supervised by Professor Wang and is approved by the Institutional Review Board of Shanghai University of Sport (No. 102772020RT045). Your kids will complete the questionnaire in class and their height and weight will be measured as well. All data gathered during this research project will not require the names of you kids to be used and the data will be stored in confidence and anonymity.

During the periods of data collection, your children are free to withdraw from the study at any time without prejudice. If you have any queries about the captioned study, please contact me at 18207184217.

Thank you for your support in our research.

Yours sincerely,

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School of Physical Education and Sport Training, SUS  
Professor Li-Juan Wang

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School of Physical Education and Sport Training, SUS  
Huan Chen

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Parents or guardians Reply Form

My children\_\_\_\_\_and I, have read the accompany description of the research project entitled conducted by Huan Chen, and will/will not (please delete as whichever inapplicable) consent to participate and will participant in this study. I understand that I may withdraw at anytime without prejudice.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_