



Date: 13 July 2016

Dear Clare Ladyman

Re: Ethics Notification - **SOA 16/29 - Can better sleep health during pregnancy regulate depressive symptoms in women with a previous history of depression?**

Thank you for the above application that was considered by the Massey University Human Ethics Committee: **Human Ethics Southern A Committee** at their meeting held on **Wednesday, 13 July,**

Approval is for three years. If this project has not been completed within three years from the date of this letter, reapproval must be requested.

If the nature, content, location, procedures or personnel of your approved application change, please advise the Secretary of the Committee.

Yours sincerely

Dr Brian Finch
Chair, Human Ethics Chairs' Committee and Director (Research Ethics)