



## Memorandum

**To:** Dr Dominique Condo  
School of Exercise and Nutrition Sciences  
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**cc:** Mr Jackson Geoffrey Barnard

**From:** Deakin University Human Research Ethics Committee (DUHREC)

**Date:** 24 March, 2022

**Subject:** 2021-416

Effect of pre-sleep a-lactalbumin supplementation on the sleep and performance of athletes with sleep difficulties within habitual environments  
Please quote this project number in all future communications

DUHREC considered the application for this project at its meeting held on 06/12/2021 and found it to comply with the National Statement on Ethical Conduct in Human Research 2007 (Updated 2018).

DUHREC has granted approval for Dr Dominique Condo, School of Exercise and Nutrition Sciences, to undertake this project from 24/03/2022 to 24/03/2026.

The approval given by the Deakin University Human Research Ethics Committee is given only for the project and for the period as stated in the approval. It is your responsibility to contact the Human Research Ethics Unit immediately should any of the following occur:

- Serious or unexpected adverse effects on the participants
- Any proposed changes in the protocol, including extensions of time.
- Any events which might affect the continuing ethical acceptability of the project.
- The project is discontinued before the expected date of completion.
- Modifications are requested by other HRECs.
- Any complaints are received by the research team, an external HREC or, in the event of overseas research, an external complaints contact. In the case of overseas research, the local complaints contact should be aware that, where appropriate, they can directly contact DUHREC if they are unable to resolve a complaint or would like assistance in resolving a complaint.

In addition you will be required to report on the progress of your project at least once every year and at the conclusion of the project. Failure to report as required will result in suspension of your approval to proceed with the project.

DUHREC may need to audit this project as part of the requirements for monitoring set out in the National Statement on Ethical Conduct in Human Research 2007 (Updated 2018).

**Please note:** if you have indicated that your project will be conducted while COVID-19 restrictions are in place, approval has been granted in line with the current restrictions. It is the responsibility of the principal investigator to remain aware of any changes to the restrictions and in the event that such changes make the approved research non-compliant with the restrictions, to either seek approval for a further modification to the project, or postpone the research until the restrictions are lifted.

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