

CIRCA DIEM newsletter

May 2026



Dear Parents and Caregivers,

Welcome to the latest edition of our monthly newsletter. This newsletter provides updates on our study, as well as any important study related information.

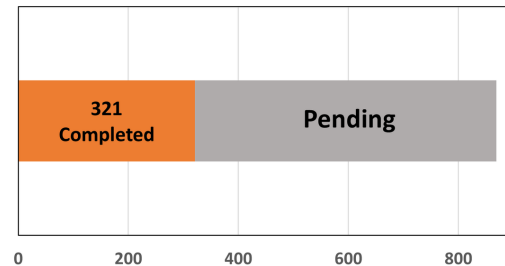
The CIRCA DIEM Team would like to thank all our study families for your involvement in our research. Your contributions are helping to improve outcomes for our tiniest babies, and we are enormously grateful for all your support.



Enrolment & Bayley- 4 Update

- ★ We have finished recruiting to the CIRCA DIEM Study and met our study target! **869** babies have joined the CIRCA DIEM Study. We will start analysing the early hospital stay outcomes for study infants in the second half of the year and expect to be able to let participant families know these findings by December 2026.
- ★ So far, **321** toddlers have completed their Bayley-4 assessment for our study.
- ★ The Bayley-4 developmental assessment is the **most important outcome** for the CIRCA DIEM Study- it will tell us if the overnight application of eye masks and earplugs and their removal during the daytime improves brain development in premature babies.
- ★ If your child has already turned **2 years old (or 3 years from birthdate for those in NSW)** or your **contact details have changed**, and you are yet to hear from us about booking the Bayley-4 assessment, please email us at circadiem@thekids.org.au.

Bayley-4 Assessment Progress



Announcing the CIRCA DIEM KIDS study

- ★ Exciting news! We have received some funding to follow-up the CIRCA DIEM participants at **5-8 years** of age. The **CIRCA DIEM KIDS study** will help us understand if giving preterm babies a day and night in hospital has any lasting benefits for their wellbeing in early childhood. The follow up study will start in Western Australia in 2026, with aspects of the study extended to interstate study sites in 2028.
- ★ The main assessment is the **WPPSI-4 developmental assessment** which looks at language understanding, problem-solving, memory, and visual processing skills.
- ★ We will also assess other areas of health and development that may be influenced by early circadian rhythm development, including - **eye tests, hearing tests, lung function tests, sleep, body clock tracking and biological samples**. We will request to collect information from hospital records. The follow-up study has been co-designed with our Preterm Community Reference Group.
- ★ We will send you a link to a parent information graphic about the new study when it receives ethics approval.



If you have any updates about your little one that you would like to share, please send us an email on circadiem@thekids.org.au!

Thank you all for your contributions!

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