



HEALTH CARE PROFESSIONALS RESEARCH STUDY

Sleep and neurodevelopmental disorders: Treatment barriers and facilitators

Did you know:

- * Between 50 – 95% of children with neurodevelopmental disorders (NDD) experience insomnia (e.g., trouble getting to sleep, trouble staying asleep)? Common NDDs include Attention-Deficit / Hyperactivity Disorder (ADHD), Fetal Alcohol Spectrum Disorder (FASD), and Cerebral Palsy (CP), among others.
- * Behavioural interventions are highly effective in treating these problems?
- * Many parents of children with NDD believe their children’s sleep problems are intrinsic and not treatable?
- * Very few children with NDD who have behavioural sleep problems receive evidence-based care?

We are currently recruiting **family physicians, paediatricians, paediatric subspecialists, neurologists, psychiatrists, clinical psychologists, nurses, social workers, and occupational therapists** to participate in an online study conducted through the IWK Health Centre and Dalhousie University in Halifax, Nova Scotia. The purpose of our study is to explore facilitators and barriers to health care professionals’ access to and provision of evidence-based treatment for behavioural sleep problems in children with NDD. Results of our study will inform the development of a web-based intervention for families and professional training materials for treating behavioural sleep problems in children with NDD.

The study will consist of completing online questionnaires, followed by scheduled participation in online video-focus groups. Participation should take no more than 2 hours of your time (questionnaires + 1.5 h focus group session). Eligible participants will be entered into a draw to win a \$50 gift certificate for www.amazon.ca. They will also receive resources on treating sleep problems in children with NDD, including a video presentation by our research team.

Focus groups will take place in the spring and be scheduled using an online scheduling tool (e.g., Doodle poll).

You **do not** have to be a sleep expert or an NDD expert to participate in this study! If your patients’ parents have ever asked you about behavioural sleep problems in children with NDD, or if you have ever been consulted about this topic, then we are interested in learning from you.

Find out whether you are eligible to participate! We ask that you complete a short screening questionnaire to determine whether you are eligible to participate or not, at this link:

<http://tinyurl.com/hcpnnd>

We look forward to hearing from you about this important topic!

This study is being conducted by Kim Tan-MacNeill (Dalhousie University) as part of her PhD dissertation research, supervised by Dr. Penny Corkum (Dalhousie University LABS), and Dr. Isabel Smith (IWK Autism Research Centre) and has been approved by the IWK Research Ethics Board (#1018556). If you would like more information or a copy of the ethics approval, please contact us at sleepnnd@dal.ca.