



## **PARENT RESEARCH STUDY**

### **Sleep and neurodevelopmental disorders: Treatment barriers and facilitators**

Did you know that between 50-95% of children with neurodevelopmental disorders (NDD) have behavioural sleep problems? Common NDDs include Attention-Deficit / Hyperactivity Disorder (ADHD), Fetal Alcohol Spectrum Disorder (FASD), and Cerebral Palsy (CP). These problems are called **insomnia**. Insomnia is when children have difficulty with following bedtime routines, falling asleep, and staying asleep. Very few children with NDDs receive help for their insomnia, but it is treatable!

We are doing an online study to learn about parents' experiences seeking and using treatment for insomnia in their children with NDD. We want to learn what helps and what doesn't help families' access to and use of treatment. This study will involve completing online questionnaires and participating in online focus groups. Participation should take no more than 2 hours of your time. The study is being conducted through the IWK Health Centre and Dalhousie University in Halifax, Nova Scotia.

**If you are a parent of a child aged 4 - 12 who has ADHD, FASD, or CP and behavioural sleep problems (currently or in past), you can help us identify ways to increase families' access to and uptake of treatment for behavioural sleep problems in children with NDD.**

Focus groups will be scheduled using an online scheduling tool (e.g., Doodle poll).

Eligible participants will be entered into a draw to win a \$50 gift card for [www.amazon.ca](http://www.amazon.ca)! They will also receive resources on treating sleep problems in kids with NDD, including a video presentation by our research team.

**Find out whether you are eligible to participate!** We ask that interested parents complete a brief online screening questionnaire. To find out more and to complete the questionnaire, please follow the link directly to the study:

<http://tinyurl.com/parentnnd>

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 was approved by the IWK Research Ethics Board (REB #1018556). If you would like more information, please contact us at [sleepnnd@dal.ca](mailto:sleepnnd@dal.ca).*