



Sleeping Sound Special Needs

What is the project about?

The aim of this research is to understand sleep problems in children with Autism Spectrum Disorder (ASD) aged between 6- 13 years who also have an Intellectual disability in order to inform a sleep treatment.

What will I be asked to do?

Parents of children with a diagnosis of ASD and Intellectual disability will be asked to complete a survey about their children's sleep and behaviour as well as their own mental wellbeing. We will also ask your interest or preference for a sleep treatment. This will take around 1 hour to complete.

Why is this project being run?

Many children with ASD have problems with sleep that affects their behaviour at home and school as well as their parents mental wellbeing.

How can I find out more?

To participate in this study please contact Dr Nicole Papadopoulos

Phone: 03 9246 8497

Email: sleepssn@deakin.edu.au

Website: www.sssn.com.au

Participants will receive a \$20 Coles gift voucher for their participation and time.

