

Pediatric Behavioral Sleep Study

Attention parents! Does your child have any of the following difficulties with sleep?

- Not getting enough sleep?
- Staying up later than you would like?
- Tantrums/resistance at bedtime?
- Waking up during the night?
- Requiring parental presence to fall asleep?



If so, you may qualify for the Pediatric Behavioral Sleep Study!

Benefits of participation: You will receive brief information about strategies for helping your child sleep better and be entered into a raffle to win a \$25 Amazon gift card!

Why are healthy sleep habits important? Good sleep is related to improved

- Behavior regulation
- Attention, memory, and school performance
- Immune system functioning, hypertension, and weight management
- Anxiety and depression symptoms

Who: The Pediatric Behavioral Sleep Study is open to parents and children ages 4-15 who have questions or concerns about their child's sleep.

What: Parents and children will be asked to complete a few forms and will be provided brief information about sleep and strategies for improving their child's sleep. Participation will take a total of 10-15 minutes.

When: Participation will occur over Zoom or over the phone at a time that is convenient for you.



For more information, email play@siu.edu or call 618-453-5490

This study is being conducted by Danielle Chambers, M.A., a doctoral student in the psychology department at Southern Illinois University-Carbondale, under the supervision of Karla Fehr, Ph.D. Phone: (618) 453-3554. Address: 1125 Lincoln Drive, Mail Code 6502, Southern Illinois University Carbondale, IL 62901-6502

This project has been reviewed and approved by the SIUC Human Subjects Committee. Questions concerning your rights as a participant in this research may be addressed to the Committee Chairperson, Office of Research Compliance, Southern Illinois University, Carbondale, IL 62901-4709. Phone (618) 453-4534. E-mail siuhsc@siu.edu