

Research Study:

Evaluation of Behaviour Analytic Assessment and Intervention to Address Sleep Problems in Young Children with Neurodevelopmental Disorders



Is your child:

- Between 3 and 9 years of age?
- Diagnosed with a neurodevelopmental disorder (e.g., autism spectrum disorder, intellectual/developmental disability, etc.)?
- Demonstrating sleep related issues such as difficulty falling or staying asleep, frequent night waking, noncompliance with bedtime routines, or challenging behaviours during the bedtime routine, that do NOT have a medical basis?

Sleep problems such as those described above are common in children with neurodevelopmental disorders and can lead to diminished sleep and associated challenging behaviours. Behavioural interventions may be helpful in reducing these behaviours. However, more research is needed to evaluate the effectiveness of **home-based, parent-led** interventions for sleep problems offered through a telehealth format. Clients at Kalyana Support Systems are eligible to participate in this research study, offered in collaboration with the Koudys lab at Brock University. This study is aimed at training parents to monitor children's sleep problems and implement behavioural strategies, with the aim of reducing sleep problems and associated challenging behaviours.

If you are interested in learning more about the study, please contact us
jkoudys@brocku.ca or [905-688-5550 ext. 6706](tel:905-688-5550).

This study has been reviewed and has received ethics clearance through the Brock University Research Ethics Board (file # 17-375-KOUDYS).

PRINCIPAL INVESTIGATOR

Dr. Julie Koudys, C. Psych., BCBA-D
Assistant Professor
Department of Applied Disability Studies
Brock University
jkoudys@brocku.ca