Cleveland Clinic Children's

Does Your Child With Autism Have Sleep Problems?



Researchers at Cleveland Clinic Children's are looking for participants to join in a research study.

A Parent-Mediated Telehealth Intervention for Insomnia in Young Autistic Children

This study will compare the benefits of sleep parent training (SPT) versus a structured parent education (SPE) program designed for improving sleep problems in children with autism spectrum disorder.

- The study includes **five online therapy sessions (60-90 minutes each) and various assessments over 10 weeks,** with one follow-up assessment at 20 weeks for the SPT group. Participation will last up to 22 weeks.
- **All research visits will occur online** through an internet-based platform.
- Assessment visits may last up to two hours.
- Participants who qualify may receive up to $125 and free sleep training.
- A possible benefit of this study is improvement in your child's sleep and bedtime behaviors.

You may qualify as a participant if:

1. You have a child age 3-7 with autism spectrum disorder and current sleep-related problems.

   AND

2. Your child is free of a significant health problem and is on stable medication.

For more information, email Dr. Cynthia Johnson at autismresearch@ccf.org or scan the QR code to reach out to a coordinator.

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