

# 4 week behavioural sleep program for children (3yr +) with neurodisabilities



Parent will be asked to complete questionnaires and feedback on the program

## Learn strategies to manage:

- Difficulties getting to sleep
- Frequent wakings through the night
- Early morning wakings
- Needing a parent to sleep
- Not being able to sleep alone
- Being scared at night
- Restless sleep
- Bedtime resistance

In this study, you and your child will be randomly allocated into one of 3 groups:

Telehealth Group Sessions run by sleep psychologists

Self paced online Sleep program

Care under sleep doctor



MACQUARIE  
University



Children's Health Queensland  
Hospital and Health Service



the children's  
hospital  
at Westmead



The Sydney children's  
Hospital Network



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