

Are you a Parent or Carer of a child aged 6-12 years?

Does your child have a diagnosis of ADHD and are they experiencing sleep problems?



The University Hospital of Southampton and Southampton Clinical Trials Unit are running a study. The study aims to test whether a new **website Sleep Buddy**, which has been designed by medics and psychologists, improves sleep problems in children aged 6-12 years with an ADHD diagnosis.

You can take part if...

- ✓ Your child is aged 6-12 years.
- ✓ Your child has a diagnosis of ADHD (including ADD).
- ✓ You have noticed that your child is experiencing problems falling asleep.
- ✓ You can read and understand English without assistance.

How do I find out more?

Visit the **study website** by scanning the QR Code, or follow this link https://www.trial-deck.com/trial/sleepbuddy?reg_code=swbTSIkyAD



You can also **contact the study researcher** by calling **0330 1334 689** or emailing sleepbuddysupport@soton.ac.uk

