Does your Child have ADHD and Sleep Problems?

The University Hospital of Southampton and Southampton Clinical Trials Unit are running a study.

SleepBuddy

The study is testing a new website, called **Sleep Buddy**, which has been designed by medics and psychologists, to see if it 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 sleep problems
- ✓ 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=VB01c55wWL
- You can also **contact the study researcher** by calling 0330 1334 689 or emailing **sleepbuddysupport@soton.ac.uk**

University of Southampton

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Sleep Buddy Flyer North West
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