

Winter 2025

Opportunities

Are you a parent/carer of a child aged 6-12 years with ADHD and sleep problems?

If so, we invite you to take part in the research studies as a research participant.

Do you know other parents/carers of children with ADHD?

If so, it would be really helpful if you could share the QR code to sign up to the trial below:



Newsflash!

The Sleep Buddy trial recently recruited its **100th participant!** A big thank you to everyone who has joined or helped to spread the word.

DISCA Update

Research News

SleepBuddy in the News

Sleep Buddy was recently featured on BBC South. The story explains how many children with ADHD find it hard to sleep, and how Sleep Buddy, which was created together with parents and sleep experts, may help make bedtime easier. This was a great opportunity to raise awareness of the trial. You can read the story [here](#) and feel free to share it with others who might find it helpful.

Could a website help children with ADHD sleep?



GETTY IMAGES
About 70% of children with ADHD struggle with sleep at some point

Sleep Buddy Conference presentations



Our team has been spreading the word about the Sleep Buddy trial far and wide! Professor Samuele Cortese gave a keynote presentation at the British Sleep Society (BSS) Scientific Conference 2025 in Brighton where Dr Mary Steele also presented our work on the development of Sleep Buddy. Professor Cathy Hill went further afield and presented our work in Hong Kong.



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Parent/carer advisory panel news



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