

Spring / Summer 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 Sleep Buddy study 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 this opportunity with your networks.

DISCA Update

Research News

Now looking for families to take part in the Sleep Buddy trial!

We are excited to announce that the Sleep Buddy trial of our website designed to help parents and carers with their child's sleep is now open. **Families who have children aged 6-12 with a diagnosis of ADHD (including ADD) who are struggling with their child's sleep can sign up to take part.**

**SleepBuddy**

Sign up to our trial!

You can scan the QR code or click the link below.



https://www.trial-deck.com/trial/sleepbuddy?reg_code=9CRAf84f5B

Anyone signing up to the website will be asked some questions online and can then arrange a call with a researcher to check that they can take part. Half of the people will be able to use the Sleep Buddy website straight away, and half will wait for 6 months to be able to use Sleep Buddy. Everyone will answer some questions after 3 months and 6 months so that we can compare the groups and find out if Sleep Buddy has helped children with their sleep.

Please note that parents or carers who have already seen Sleep Buddy as part of an interview will not be able to take part.

Thank you to everyone who helped to create Sleep Buddy

We want to say a huge thank you to you all (and some of your children!) for your help to shape this research. Your lived experience has made sure that Sleep Buddy has the best chance to help children with ADHD and their families sleep better. Watch your emails later this month for a special thank you package and a sneak peek at the final Sleep Buddy website.

Find Us On

Website

www.discasleep.org.uk

X

@DISCA ADHDsleep

Facebook

[DISCA Digital sleep support for children with ADHD | Facebook](#)

Email

DISCA@soton.ac.uk

YouTube

Clinical Research

Southampton

Parent/carers advisory panel news

Foster Carers Focus Group

We recently ran a focus group for foster carers to ask for their opinions on Sleep Buddy. The foster carers who attended were enthusiastic about the website and gave us advice and ideas for how to improve it. Because of their feedback, we were able to update Sleep Buddy to ensure that the needs of looked after children are considered.

World Sleep Day 2025

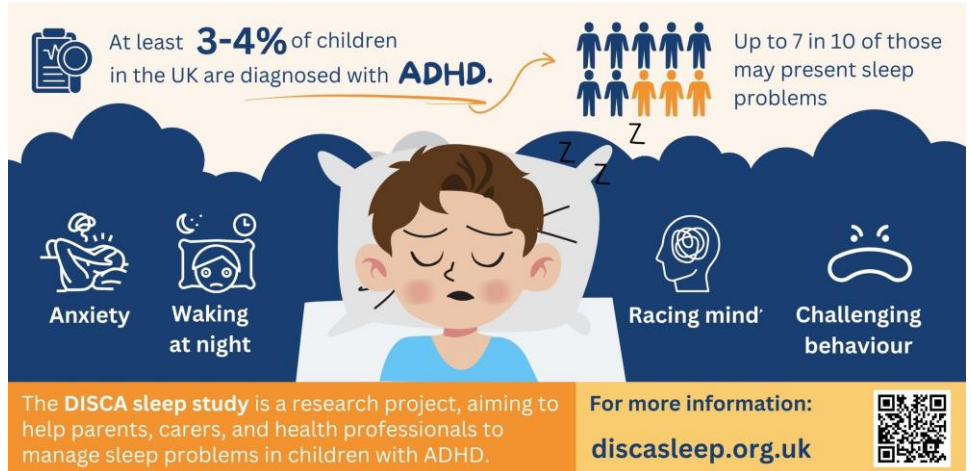
As part of our World Sleep Day 2025 celebrations, we're excited to share a 30-second elevator pitch featuring Professor Catherine Hill, a leading expert in Paediatric Sleep Medicine at the University of Southampton. In this video, she discusses how Sleep Buddy could improve sleep for children with ADHD. Click [here](#) to watch the video and feel free to share it with your network to help raise awareness about this important work!



For World Sleep Day, Dom, a valued member of our advisory panel, shared his experiences and thoughts on the DISCA Study in a special interview. [Click here](#) to watch the video.

We are also sharing quotes from parents and carers of children with ADHD who played a key role in developing and testing the Sleep Buddy website. [Click here](#) to read their testimonials and learn more about their insights.

Children with ADHD and sleep problems



The infographic features a central illustration of a child sleeping in a bed with a white pillow and blanket. Above the child, there are stylized clouds and the letters 'Z' indicating sleep. To the left of the child, there are two icons: one of a person sitting up in bed looking distressed, labeled 'Anxiety', and another of a clock with a person's head inside, labeled 'Waking at night'. To the right of the child, there are two more icons: one of a head with a brain inside, labeled 'Racing mind', and another of a sad face, labeled 'Challenging behaviour'. At the top left, there is a clipboard icon with a checkmark and the text 'At least 3-4% of children in the UK are diagnosed with ADHD.' An arrow points from this text to a group of ten stick figures, with seven of them highlighted in orange and labeled 'Up to 7 in 10 of those may present sleep problems'. At the bottom, there is an orange banner with white text and a QR code.

At least **3-4%** of children in the UK are diagnosed with **ADHD**.

Up to 7 in 10 of those may present sleep problems

Anxiety

Waking at night

Racing mind

Challenging behaviour

The **DISCA sleep study** is a research project, aiming to help parents, carers, and health professionals to manage sleep problems in children with ADHD.

For more information:
discasleep.org.uk

*If you would like to unsubscribe from this mailing list, please email
DISCA@soton.ac.uk*
