

Spring 2024

## 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 social media posts on the right with your networks.

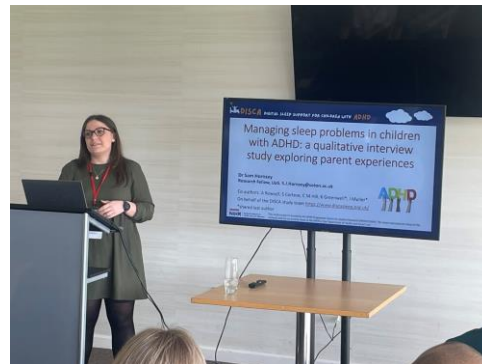
# DISCA Update

## Research News

### *Presentation at SAPC SW 2024 Conference*

Dr Kate Greenwell and Dr Sam Hornsey represented the DISCA team at the South-West Society for Academic Primary Care annual conference held in Cardiff. Sam presented one of the DISCA studies, the interviews which were carried out with parents/carers of children with ADHD and sleep problems.

Many researchers and primary healthcare professionals were interested in the DISCA study and our intervention. There were many useful discussions about how we can better support families of children with ADHD and sleep problems, in primary care and with our intervention.



### *Updates on Sleep Buddy development*

We are making great progress with writing the information [and advice](#) that will be given in our digital sleep guide, Sleep Buddy. We've also been designing how this information will look.

We'll soon start working with a website developer to bring the information together to make the first version of Sleep Buddy. We're also going to ask parents/carers of children with ADHD and sleep problems to use Sleep Buddy whilst taking part in an interview. We'll use their experiences and comments about Sleep Buddy to develop it more to make sure it is relevant, helpful, and suitable for families of children with ADHD and sleep problems.

## Find Us On

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### Website

[www.discasleep.org.uk](http://www.discasleep.org.uk)

### X (Twitter) [DISCA@soton.ac.uk](mailto:DISCA@soton.ac.uk)

[@DISCA\\_ADHDsleep](https://twitter.com/DISCA_ADHDsleep)

### Facebook

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

### Email

[DISCA@soton.ac.uk](mailto:DISCA@soton.ac.uk)

### YouTube

[Clinical Research Southampton](#)

## Parent/Carer Advisory Panel News

### *PPI input to shape the Sleep Diaries*

Dr Ali Rowsell carried out some fascinating and helpful interviews with [pParent/cCarer](#) advisors to help decide what self-report sleep diaries we might use in our [study that will test whether our](#) digital sleep guide, Sleep Buddy, [works](#). Thank you to all the parents/carers who helped with this stage of our work. We were able to test two sleep diaries: 1) one filled in every morning for a week (adapted Consensus Sleep Diary) and 2) one filled in at the end of the week looking back at the past week (SASS-Y). Parents/carers told us that they found both diaries acceptable and neither was experienced as overly difficult to complete.

Overall, parents/carers preferred the adapted Consensus diary and felt this was most accurate, but there were a couple of items that were more difficult [to complete](#). Based on the feedback we received we plan to use a shortened adapted Consensus diary, taking out any difficult questions and the SASS-Y as a second measure. Thank you again to all those involved.



### *World Sleep Day 2024*

For World Sleep Day 2024, we have launched our social media campaign featuring a series of engaging videos from our researchers and public contributors, along with fascinating facts and quizzes about sleep. We are thrilled to report that our campaign has already reached over 2600 views and over 70 engagements across various social media platforms. If you haven't had the chance to join the conversation, we invite you to visit our X (Twitter) page at [@DISCA\\_ADHDsleep](#).

### *Upcoming Poll – Mascot of Sleep Buddy*

We're thrilled to announce that we're in the process of designing a mascot for our intervention, Sleep Buddy! We believe a friendly face can make a big difference and we want your input. What animal or character design do you think would be the best representation for Sleep Buddy? Keep an eye out for our upcoming poll, where you can share your thoughts and help us shape the future of Sleep Buddy. Stay tuned for more updates!

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