



Are you the parent of a child with:

- **Down Syndrome or an Autism Spectrum Disorder?**
- **Difficulty getting to sleep or staying asleep?**
- **Aged 5 – 11 years old?**



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If so, I would like to invite you to participate in an **on-line research project**, looking at beliefs about children's sleep problems. It is hoped that by better understanding parent's beliefs about their child's sleep problem, professionals can help parents get the right sort of help.

You can find out more and participate in the research by going to:

https://www.surveymonkey.com/s.aspx?sm=oSh0DPXg2tXJ_2bihvARgVQQ_3d_3d

You can contact the researcher, Jane MacQuarrie, by:

- Email: parents.views.on.sleep@googlemail.com
- Telephone: 07549232689
- Post: Glasgow Sleep Centre
Southern General Hospital
1345 Govan Road
Glasgow
G51 4TF

This research will close on 30th June 2009.

Thank you kindly for your time.