



Information Sheet for Health Care Professionals

STUDY TITLE: A Multicentre randomised controlled trial of digital parent-guided sleep intervention (Sleep Buddy) versus treatment as usual in children aged 6-12 years with ADHD and chronic insomnia.

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Professor Samuele Cortese, University of Southampton.

Coordinating Centre: Southampton Clinical Trials Unit

Sponsor: University Hospital Southampton

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IRAS: 349971

Your patient has been enrolled in the above-named study comparing a digital parent-guided sleep intervention (Sleep Buddy) treatment with standard care for children diagnosed with ADHD who are experiencing chronic insomnia.

The aim of the study is to see if our new website Sleep Buddy can help parents/ carers of children aged 6-12 years with a diagnosis of ADHD, to improve their child's sleep. This is a randomised, multi-centre study and participants are randomised to either:

- Arm A:** Will receive their usual care **plus** access to the Sleep Buddy website.
- Arm B:** Will receive their usual care.

Sleep Buddy was developed by parents and carers of children with ADHD working with sleep experts. It has information and advice on how primary caregivers can manage their child's sleep problems with videos and top tips from other parents. There is also a Kids Zone which the child can use. The website will help primary caregivers to create a sleep plan to help their child's sleep.

All participants will be followed up for up to 6 months post-randomisation. Your patient will be invited to complete four cognitive tasks, online with a study researcher present, at the start of the study and then again at month 3 and month 6. Their primary caregiver will be asked to complete some questionnaires online and with the study researcher at the start of the study and again at 3 and 6 months. They will be asked to complete a 10-day sleep diary for their child at these time points, too.

At the end of the study, everyone randomised to Arm B will get access to the Sleep Buddy website.

Should you have any queries about this trial and your patient's involvement, please do not hesitate to get in touch by emailing the Trial Manager at sleepbuddy@soton.ac.uk.

This trial has been reviewed and approved by the West of Scotland REC 5 Research Ethics Committee reference 25/WS/0007.

Yours sincerely

Professors Catherine Hill and Professor Samuele Cortese
Chief Investigators