

Does your child have Autism and trouble sleeping?

We are inviting you and your child to take part in a research study about sleep.



What is the purpose of this study?

Many children with autism (and other neurodevelopmental conditions) experience difficulties with sleep.

This study seeks to understand why some children benefit from a sleep course while others may require melatonin.



Your child might be eligible if they:

- Are aged 2–15 years.
- Have autism or another neurodevelopmental condition.
- Are under a Dingley consultant.
- Experience sleep difficulties.



What does taking part involve?

You and your child will take part in up to three visits:

- A meeting with a research assistant to discuss your child's sleep and your own well-being
- Questionnaires about your child's routines and your mental health
- A short sensory assessment involving sights, sounds, and textures
- Wearing sleep watches (like smartwatches) for up to 7 nights

There will also be a final interview (optional) to discuss your experiences.



What are the benefits of this study?

- Your participation will help improve sleep treatments for children with autism and other neurodevelopmental conditions.
- You will receive £20 per visit (for the 2nd and/or 3rd visit).

Interested? Contact us!

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Study Details

- IRAS ID: 340181 | Version: 2.0 | Mapping the impact of sleep interventions on children with ASD. | Date: 16th July, 2025
- Approved by the South Yorkshire Research Ethics Committee
- Conducted by the University of Reading and the Royal Berkshire NHS Foundation Trust