

Title: Treating sleep problems in children with an intellectual disability using a written booklet.	
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Outline of Research	This research is part of Master Psychology thesis. The aim of this study is to determine the effectiveness of a written booklet to improve sleep problems in children with an ID. It is hypothesised that by using the written booklet parents will report, reduced night waking; reduced difficulties in night settling in children with an ID and a reduction in child behaviour problems associated with improved child sleep. This research has the potential to add to our understanding of the effectiveness of behavioural interventions in treating sleep problems.
Findings to date	Intervention expected to begin March 2008.
Expected start and finish dates	Start March 2007 - Finish November 2008