

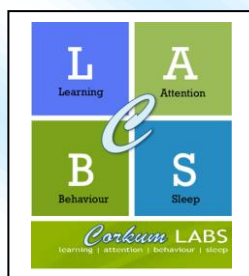
**PARTICIPATE IN OUR *BETTER NIGHTS BETTER DAYS*
FOR OBSTRUCTIVE SLEEP APNEA STUDY!**

**Better Nights
Better Days**

For Children with
Treated Obstructive
Sleep Apnea

- ☆ Has your child been **treated for obstructive sleep apnea with adenoid and/or tonsil surgery (e.g., adenotonsillectomy)**?
- ☆ Does your child continue to have symptoms of insomnia such as **bedtime resistance, trouble falling asleep, night awakenings, or early morning awakenings**?
- ☆ Did your child have adenoid and/or tonsil surgery between the ages of **3 to 8 years**?

If you answered YES to these three questions, you may be eligible to participate in our study!



Corkum LABS at Dalhousie University is looking for parents to participate in an upcoming study evaluating the usability of a web-based intervention to treat insomnia symptoms in children who have previously been treated for obstructive sleep apnea. **We need your help!**

Participation will include:

- ☆ Completing an online session about obstructive sleep apnea in children
- ☆ Completing an online intervention for your child's insomnia symptoms, which will involve 6 sessions requiring you to read, watch videos, and engage in activities for up to 2 weeks per session
- ☆ Providing feedback on the obstructive sleep apnea session and intervention by completing online questionnaires after each session

What are the benefits of participating?

- ☆ You will be given \$30 as a thank you for completing the questionnaires
- ☆ The program will provide you with strategies to treat your child's insomnia
- ☆ You will be participating in developing a program for other parents to use to help their children sleep better!

To inquire about participation, or if you have any other questions, please contact the Better Nights, Better Days:
Obstructive Sleep Apnea (BNBD-OSA) intervention team at bnbdosa@dal.ca

Please contact us to express interest in this study by Sept 9, 2018 or sooner ☺