



**Are you the parent of a child aged 5-12 years who has epilepsy and has experienced sleeplessness problems either currently or in the past (e.g. not wanting to go to bed, difficulty falling asleep, waking up during the night, waking up too early, not wanting to sleep alone)?**

Ethical Approval Number: 171108

Behavioural interventions are often used for helping with the sleep problems of children, including children with epilepsy. These interventions aim to teach parents strategies which they can use to help their child to learn behaviours which encourage good sleep. However, these interventions do not specifically address the sleep problems experienced by parents of children with epilepsy.

We are a group of doctors and researchers who are doing a study to build an online sleep programme especially for parents of children with epilepsy who have sleeplessness problems. We need parents to tell us what help you need with your child's sleep. In this study we aim to adapt a standard intervention to better meet the needs of parents of children with epilepsy. We want to find out, from parents, what they think we should include or leave out of our sleep intervention. Once we know this we will develop an online sleep intervention programme especially for parents of children with epilepsy and then ask parents what they think about it and whether they think it might work. In another, bigger study we will later test the sleep intervention with other parents to see if it works.

Would you be willing to come to Oxford Brookes University or a venue in central London (near Waterloo for easy accessibility) or speak to our researchers on the phone or by Skype and tell us about your experiences of parenting a child with epilepsy who has/had sleeplessness problems to help us build an intervention? Would you then look through the webpages of the online sleep programme we develop and tell us what you think about it? Taking part would involve three, informal and friendly discussions (either in a group with other parents or one-to-one with the researcher if over the phone or Skype) and each discussion would take a maximum of 2 hours.

**If you are interested in taking part or hearing more about this study please register your interest here (<http://castlestudy.org.uk/castle-projects/sleep-intervention/>) or contact Luci Wiggs ([lwiggs@brookes.ac.uk](mailto:lwiggs@brookes.ac.uk) or 07879 120513) for further details.**

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