

- ☆ Does your child have **insomnia**?
- ☆ Has your child been **successfully treated for obstructive sleep apnea with an adenotonsillectomy**?
- ☆ Is your child **4-10 years old**?



If you answered YES to all of these 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 childhood insomnia for children who have previously been successfully treated for obstructive sleep apnea. We need your help!

Participation will include two main parts:

- ☆ Completing an online session about OSA in children
- ☆ Completing an online intervention for your child's insomnia, which will involve 6 sessions requiring you to read, watch videos, and engage in activities for 1 week per session
- ☆ Providing feedback on the OSA session and intervention by completing online questionnaires

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 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