



# Sleep Well – Be Well Newsletter

December 2013

## Seasons greetings from *Sleep Well – Be Well!*

*Sleep Well – Be Well* aims to see if improving the sleep of Grade Prep students can help them learn and socialise better.

### Who is involved?

At the start of 2013, 2,794 Grade Prep children from 33 primary schools were invited to take part in the first stage of *Sleep Well – Be Well*. We screened 2,224 of these children for sleep problems. Of these, 250 (11%) had a moderate to severe sleep issue.

### What has happened to date?

**Stage 1: Screen for sleep problems** – Our researchers visited your child's school and handed out surveys, asking parents about their child's sleep. The *Sleep Well – Be Well* team was also training the school nurse in how to help manage sleep problems.



*Study survey boxes loaded up and being delivered to your child's school!*

**Stage 2: Intervention** – Families were invited into the study if their child had a behavioural sleep problem. Children were randomly placed into either the 'usual care group' or the 'program group'. Parents in the program group participated in one-on-one sleep education with the school nurse. In this program the nurse helped parents to identify and manage any sleep issues.

Did you know?

**Sleep problems before children are 7 years old cost Medicare \$27 million**

**Children who get a good night's sleep perform better on memory tasks compared to those who do not. This is important because memory plays an vital role in classroom learning**

**Stage 3: 6 & 12 month follow up assessments** – We are currently completing the six-month follow up assessments in schools, to assess the children that participated in stage 2 of the study. We are assessing children's learning and memory. We are asking all parents to complete a survey about their child's sleep, behaviour and wellbeing. We are also asking teachers to complete a brief survey about the child's learning.

### What to expect for 2014!

We will continue with our six-month assessments in the early part of the year and then in terms 2/3 we will start 12 month assessments with all children. You will receive another survey at this time.

The project would not be possible without the support of families like yours. Thank you!



Any questions?

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**Sleep Well - Be Well**