Title: The development of a sleep disturbance scale for children aged 2 to 5 yrs	
Institution	Charles Sturt University. Sleep Medicine Unit, Sydney Children's Hospital
Researchers	Maree Deguara, Michael Kiernan Associate Professor of Clinical Psychology
Contact Details	Michael Kiernan Ph: 02 6338 4169 Maree Deguara: 0749541075, m.d.deguara@bigpond.com
Outline of Research	This research is part of a larger project aiming to develop a standardised, reliable and valid instrument for screening for sleep disturbance in Australian children aged between 2 years and 5 years 11 months (Sleep Disturbance Scale (SDS). Sleep disorders are common in children with higher rates reported in children with developmental disability. However sleep disorders often remain undiagnosed in children. Detrimental effects have been described as a result of sleep disturbance with these effects compounding problems already present in children with developmental disability. Currently there are few scales available to screen children for sleep disorders with most developed for children aged six or older, with none have been developed and validated using an Australian population. The SDS will allow health professionals to better screen for sleep disturbance. This part of the project will develop norms for children with developmental difficulties. The project will also investigate the relationship between sleep disturbance and difficult behaviours (as measured on the CBCL) as well as parental behaviours at bedtime. It will also compare sleep disturbance in children with developmental delay/disorders with typically developing children from a community sample and clinical sample (children with established sleep disorder).
Findings to date	Nil
Expected start and finish dates	Commenced Sept 2006. Expected to be finished by July 2007.