

Title: Visual schedules and graduated extinction in the treatment of sleep difficulties in young children with autism	
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Outline of Research	Investigating the use of two behavioural techniques in the treatment of sleep onset and night waking difficulties in young children with autism. Parents will participate in training sessions in which they will learn the relevant strategies. In addition, a daily sleep diary will be completed by both parents. The research will use a multiple baseline across participants design. The first part of the intervention will involve the use of a visual bedtime schedule. The second part of this intervention will involve a graduated extinction approach, whereby parents will wait increasingly longer periods before checking on their child (if they become distressed).
Findings to date	Past research has predominately relied on a 'package' approach, using a combination of techniques (eg. schedules, extinction, social stories) employed at once. Findings from such studies have found that there are generally improvements in sleep-related behaviour. However, the use of a package of techniques means that it is difficult to determine the specific strategy(ies) that are effective. Parent-directed interventions have been found to be effective at empowering parents, decreasing parental stress levels and leading to high ratings of social validity.
Expected start and finish dates	May 2007 - October 2007