

# Comparison of behavioural sleep interventions to reduce infant sleep disturbances and improve parental mental health

ACTRN12617000428369

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Status	RECRUITING
Sponsor	Central Queensland University
Enrollment	50 participants

## Plain Language Summary

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This study is comparing two approaches to help infants aged 4–12 months sleep better: controlled crying (a gradual extinction method) and a responsive method that focuses on responding to baby's cries rather than ignoring them. Parents are taught the method and then carry it out at home. The goal is to find out which approach reduces infant sleep disturbance and improves parent wellbeing more effectively.

You may be eligible if:

- You are a parent or guardian of an infant aged 4–12 months
- You live in South Australia
- You are seeking help with your infant's sleep

You may NOT be eligible if:

- Your infant was born before 37 weeks gestation (preterm)
- Your infant is a twin (not a singleton)
- Your infant has been diagnosed with a physiological sleep disorder
- Your infant has a health condition or syndrome that affects sleep

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (3)

- Participant is a parent or guardian of an infant aged 4-12 months of age
- Participant resides in South Australia
- Participant is seeking help with their infants sleep

### Exclusion (4)

- Infant born pre-term (less than 37 weeks gestation)
- Infant is a twin not a singleton
- Infant has been diagnosed with a physiological sleep disorder
- Infant has been diagnosed with a syndrome or health issue that compromises sleep

## Locations (1 total)

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SA, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12617000428369>

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