

# Setting kids up for life: Evaluating the effectiveness of a digital program for improving the sleep and mental health of children aged 3-12 years

ACTRN12624000631505

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	Griffith University
<b>Enrollment</b>	146 participants

## Plain Language Summary

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Sleep problems in children between the ages of 3 and 12 are surprisingly common and can lead to anxiety, behavioural difficulties, and learning challenges. Griffith University has developed a parent-focused program to help children sleep better — and this trial is testing a digital version of that program so families across Australia can access it from home.

Parents will be randomly assigned to either start the online program immediately or join a waitlist. The program coaches parents on how to address their child's sleep difficulties, and researchers will track sleep quality, anxiety, and behaviour at several time points over six months. If the program works, it will be made available nationally through an online mental health platform.

You may be eligible if you are a parent or caregiver of a child aged 3–12 who scores 41 or above on the Child's Sleep Habits Questionnaire, indicating significant sleep difficulties. Children with a diagnosed developmental disorder or who are already receiving treatment for sleep problems are not eligible. The program is entirely online, making it easy to access from anywhere.

## Key Eligibility Criteria

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### Inclusion (1)

- Parent or caregiver of a child aged 3-12 years; score on the Child's Sleep Habits Questionnaire has to be 41 or above

### Exclusion (1)

- Presence of a developmental disorder, receiving any other treatment for their sleep problem, use of medication for sleep that is not stabilised prior to enrolment in the treatment program

## Locations (1 total)

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ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000631505>

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