

# Sleep Intervention and Quality of Life in Down Syndrome

NCT06783725

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Alabama at Birmingham
<b>Enrollment</b>	20 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Individuals with a confirmed diagnosis of Down syndrome (DS).
- English is the primary language spoken in the household.
- Nonverbal mental age of at least 36 months, as determined by a baseline measure of adaptive skills.
- Presence of at least one sleep disturbance occurring five or more nights per week, as reported by a caregiver. Sleep disturbances may include: Bedtime resistance; Delayed sleep onset; Problematic sleep associations; Nighttime awakenings; Early morning awakenings

### Exclusion (4)

- Severe sensory or motor impairments that would interfere with participation in the intervention.
- Inability to complete assessments or participate in the intervention sessions due to behavioral or medical conditions.
- Participation in other concurrent behavioral or sleep interventions.
- Caregiver inability or unwillingness to provide accurate reports or assist in intervention activities as needed.

## Locations (1 total)

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University of Alabama at Birmingham, Birmingham, Alabama, United States