



Advert for parents-schools and newspapers

Centre Name and Number: Oxford 02
Principle Investigator: Dr Luci Wiggs
ISRCTN: 92655217

**Snuggledown-The use of weighted blankets in
children with autistic spectrum disorders:A
randomised crossover study**

We are hoping to recruit 100 children with an Autistic Spectrum Disorder and persistent sleep problems to this six week trial

We are specifically looking for:

- Children between 5 and 15 years and 10 months old
- Persistent problems with falling asleep or staying asleep (for more than 6 months and more than 5 nights out of every week)
- An official diagnosis of autism or Asperger's Syndrome (we will need to see a copy of professional's report stating this)
- Able to spend most nights/fall asleep in their own bed so able to try the weighted blanket in their own bed
- Able to wear a special watch device that we use to measure sleep (the watch can be worn only at night, and on ankle or wrist or over clothing)
- Have not used a weighted blanket in the last year
- You will need to be able to complete a sleep diary for the six weeks of the study

There is no travel involved as our research practitioner will visit you either at your home, school, or a local clinic. Families who have completed the six week study will be able to keep the weighted blanket.

If you are interested in learning more about this study please email m.sparrowhawk@brookes.ac.uk or call 07925168807

Study team:

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