



EXPLORING SLEEP AMONG FAMILIES WITH TODDLERS

Help Researchers Learn More About Family Sleep Behaviors



Do you want to learn more about your family's sleep? University of Delaware researchers are doing a study on Family Stress and Sleep. The information collected will be used to create a family sleep intervention focused on parent coping. It is possible that improving sleep could decrease the risk of developing chronic illnesses and help combat health disparities. Join this study if you are an adult caring for a child aged 12- 24 months (1-3 years) and want to better understand the role of stress in your family's sleep!

Who is doing the study?

Research Center: University of Delaware

Location: Delaware, USA (in-person visits) or virtual visits via Zoom

Lead Researcher: Dr. Lauren Covington

IRB: This study has been reviewed and approved by the University of Delaware Institutional Review Board

Why participate in this study

- Participants will be compensated up to \$325 for participating in this study.
- Participants may experience improvements in their quality of sleep and sleep behaviors.
- Participants will be contributing valuable information that may help improve people's sleep and overall health in the future.
- Participants will be helping to advance medical research.

Who can participate?

- Men and women aged 18 and up who have toddlers aged 12-47 months old (1-3 years). Adult participants must be the child's primary caregiver (i.e., the biological or adoptive parent or legal guardian)
- The primary caregiver or the child must not be diagnosed with a sleep disorder or use sleep medications (prescription, over-the-counter, or herbal).
- Caregivers must live in the same household as the toddler at least 4 nights/per week.
- Caregiver must not be pregnant.
- Family must be eligible for federal funding (e.g., WIC or SNAP benefits, free lunch program)
- Participants must be able to attend 2 study visits at the research site or virtually on Zoom, and complete study protocol over approximately 14 days.



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sleep, and your body.

