NeuroSparkABA

FREE GUIDE | WEEK 2

Sleep support: what the research found

A family guide to prepare for a care-team conversation

One study. Specific results. Important limits.

Sleep can affect the whole family. This guide summarizes one study and gives you an optional way to collect observations before talking with a qualified professional.

RANDOMIZED TRIAL SNAPSHOT

77 children ages 2-7 with autism and sleep difficulties were assigned to a five-session sleep parent-training program or a parent-education comparison. Sessions were delivered over 10 weeks by telehealth.

SLEEP SCORES

Favored sleep training at week 10

Effect size d = 0.83 on the study measure

OTHER OUTCOMES

No significant group differences

in daytime behavior or parent stress. Parent confidence favored sleep training.

Optional 7-night observation log

Use this only if it helps. A few notes may help your care team understand what you are seeing.

Night	Bedtime	Awakenings	Morning	Notes
1				
2				
3				
4				
5				
6				
7				

A log is a conversation aid, not a diagnostic tool or sleep treatment plan.

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Questions to bring to your care team



Families can decide what matters most and what feels workable

You do not need to solve it alone.

If sleep is difficult or affecting daily life, consider bringing your questions and observations to your child's pediatrician or a qualified sleep-care professional.

- [ ] Could a health issue, discomfort, medication, or another factor be affecting sleep?
- [ ] Which change matters most to our family: settling, waking, total sleep, or feeling rested?
- [ ] What kind of support has evidence for this concern, and what are its limits?
- [ ] How can a plan fit our child's preferences, our family's culture, and our daily life?
- [ ] How will we notice if a support causes distress or another unwanted effect?
- [ ] When should we pause, adjust, or seek more medical input?

WHAT THE TRIAL DOES NOT SHOW

Sleep scores improved more in the sleep-training group, but the trial found no significant group difference in daytime behavior or parent stress. It was a small study with follow-up to week 10, not a promise that a particular strategy will work for your child.

Research source

Johnson et al. (2023), "Telehealth parent training for sleep disturbances in young children with autism spectrum disorder: A randomized controlled trial," Sleep Medicine, 111, 208-219. PubMed: https://pubmed.ncbi.nlm.nih.gov/37806263/

General education only. This guide does not diagnose a sleep disorder or prescribe a treatment. For persistent, painful, breathing-related, or otherwise concerning sleep issues, contact a qualified health professional.