Does your teen have a sleep problem?

Is your teenager unable to fall asleep at a conventional time? Does your teenager experience difficulty waking early for school, university or work?

The Child and Adolescent Sleep Clinic in the School of Psychology at Flinders University is running a treatment study for a common adolescent sleep problem.

The clinic is currently welcoming referrals for adolescents and young adults aged between 13-20 years.

For information about participating in research please contact the Child and Adolescent Sleep Clinic on:

Email: casc.enquiries@flinders.edu.au
Phone: (08) 8201 7587

Does your child have a sleep problem?

Caption describing picture or graphic.
International research suggests that sleep problems are prevalent across the lifespan. To meet the growing demand for a specialised sleep service in South Australia, the Child and Adolescent Sleep Clinic opened in early 2006 to offer and pioneer evidence-based psychological treatments for a wide range of sleep problems, including Insomnia and Circadian Rhythm Sleep Disorders, including Delayed Sleep Phase Disorder.

Who We Are
The clinic is run by a group of registered sleep psychologists.

What We Do
Sleep problems can affect young people's mood, motivation, concentration and school, university or work performance. The Child and Adolescent Sleep Clinic offers cognitive and behavioural therapy programs tailored to the nature of client’s sleep problems, to help them attain a better night's sleep.

The treatments we currently provide are known as cognitive and behavioural therapies. These treatments involve educating children and families about the nature of sleep and sleep problems, modifying behaviours around bedtime, and teaching children and adolescents how to modify the way they think about their sleep problem. We also use a technique called Bright Light Therapy with adolescents and young adults who have difficulty falling asleep and waking at their desired times. This type of treatment helps to shift sleep rhythms earlier so clients can fall asleep earlier and wake up more alert.

Treatment involves several sessions over a period of 4-8 weeks.

In order to ensure that the treatments we provide at the Child & Adolescent Sleep Clinic are the best, we are constantly evaluating their effectiveness. For the children, adolescents, and parents in the program, this means completing sleep diaries and questionnaires along the way, and where possible wearing wrist monitors to assess sleep.

The Child and Adolescent Sleep Clinic is currently accepting referrals for children, adolescents and Flinders University students.

Where We Are
The Child and Adolescent Sleep Clinic is located in the Social Sciences North Building at Flinders University, on level two, in room 253.

When Are We Open?
The Child and Adolescent Sleep Clinic is only open on Wednesdays between the hours of 9am-5pm. Appointments run for approximately 50 minutes on the hour.

How do I obtain a referral to the Child & Adolescent Sleep Clinic?
There are 3 methods:
• A Mental Health Care Plan from your GP
• A referral letter from a paediatrician
• A referral letter from a psychiatrist

For More Information:
Visit our website by searching "Child and Adolescent Sleep Clinic" on the Flinders University webpage.