More Accessible Help: Online Sleep Interventions
By: Jennifer Cowie, B.A.

Many families need extra help in fixing their child’s sleep problems. Pediatricians are the most commonly consulted professionals regarding children’s sleep. Unfortunately, most pediatricians do not specialize in sleep and many are unfamiliar with the most effective behavioral techniques for solving these problems.

The good news is that behavioral interventions are available and have been consistently been shown to reduce or solve children’s sleep problems. The bad news: finding a professional who specializes in behavioral sleep intervention can be difficult since most health professionals are not trained in behavioral interventions for sleep in either children or adults.

Online Interventions Can Help
Internet-based interventions have begun to emerge. For kids, technology-enhanced treatments are are beginning to be developed. Obvious advantages of online programs are that they can be conducted at home, completed more rapidly than in-person appointments, and highly convenient for families who may not live within easy access to a provider.

Be Part of an Online Sleep Study Here in Houston!
Sleep researchers at Sleep and Anxiety Center for Kids (SACK) at the University of Houston are developing an fun, interactive, online treatment program for children (ages 7-11 years) with behavioral sleep problems. This 3 week program, called Ready, Set, Snooze!™ aims to teach both children and parents how to manage and overcome behavioral sleep problems. SACK is currently recruiting families for an initial pilot study of Ready, Set, Snooze!™

Contact Jennifer Cowie at (713) 743-4134 or email at jmcowie@uh.edu for more information.

Sleep during childhood is especially critical since it coincides with rapid changes in growth and development.

Thank You Veterans!
Simon Lau, B.S.
Project Coordinator

Simon serves as project coordinator for SACK’s DoD-funded Military Families Project. This study examines the impact of military deployment on children and family. Simon previously served in the U.S. Army and completed multiple tours to Iraq and Afghanistan. His courageous service earned him numerous awards, including the Bronze Star Medal. After his military career, Simon graduated from the University of Houston with a B.S. in Psychology. He plans to pursue a doctoral degree in clinical psychology. In the future, he hopes to use his military experiences to help improve the quality of life of military families.