April Newsletter

Sleep Setting Matters

Recent findings from our laboratory

Our lab recently completed a study funded by the National Institutes of Health (NIH) that examined sleep patterns in children with and without anxiety. Your families may have participated. If so, we appreciate your help! We wanted to share some of our findings with you.

In a prior study from our lab, we found that when children with anxiety are in new situations they take longer to fall asleep and have poorer quality of sleep than children who do not have anxiety. Our recent study found, however, that in familiar situations children with anxiety do not demonstrate these sleep difficulties.

What does this mean for you? If you are a parent of a child with anxiety, novel situations (e.g., a big test the next day) may effect your child's sleep more than other children.

How can you help your child? Practice relaxation strategies with your child (e.g., deep breathing, muscle relaxation) at bedtime. Promote good sleep hygiene routines (e.g., regular bedtime routine, non-stimulating activities before bed, dim light within 1 hour of bed time, no caffeine after lunch).

Click here for our new article
Jessica graduated from the University of Houston in 2011 with a B.S. in psychology. Since graduating, she has served as project coordinator at SACK, where she oversees an NIMH-funded study examining the sleep patterns of school-aged children with and without anxiety disorders. Jessica will begin her graduate training this summer at the University of Houston - Clear Lake, where she will pursue her research interests involving the interaction between and treatment of sleep, anxiety, and depression.

### Participate in Our Studies

**Family Separation Study**

- **Who:** Children (7-17 years) of recently separated or divorced parents
- **Where:** UH SACK
- **Compensation:** $100
- **More information:**
  - Email: uh.militarystudy@gmail.com
  - Phone: 713-743-9075

**Online Sleep Intervention**

- **Who:** Children 7-11 years experiencing sleep problems
- **Where:** UH SACK, Online
- **More information:**
  - Email: jmcowie@uh.edu
  - Phone: 713-743-4134

SACK Staff