



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



Queensland
Government

FOR FURTHER INFORMATION

Please speak to your
doctor if you are interested.
Or pick up a flyer and contact
mynap@uq.edu.au

Please send your contact
Mobile number and/or
landline number
and your address to
guarantee you we can
contact you.

or
07 3346 5025

*Ethics approval numbers:
Mater
HREC14/MHS/28/AM01
UQ HREC: 2012000999*

Current from July 2013

HAS YOUR CHILD BEEN DIAGNOSED WITH ADHD? ARE THEY HAVING TROUBLE SLEEPING?

Queensland Health, in conjunction with Mater Research, The University of Queensland and the University of Alberta, Canada, is conducting a research study.

Who are we looking for?

Children between the ages of 6 and 17 years who:

- Have a diagnosis of ADHD
- Are currently being treated for their ADHD with stimulants such as Ritalin, Ritalin LA, or Concerta
- Have trouble sleeping.

What is the research study about?

We are undertaking a project to look at the effectiveness of Melatonin in helping children go to sleep, particularly those children who have a diagnosis of ADHD and are on medication.

What is Melatonin?

Melatonin is a natural hormone produced by the brain. It has been used with children to help with their sleep.

What would be involved?

Your family would initially be provided with information about healthy sleeping habits, and asked some questions. Your child would then be given the medication (either melatonin or a placebo) for 6 weeks.

You would be asked to keep a sleep diary, and complete some questionnaires.

If your child has already been prescribed Melatonin, they can still participate.

