

Who are we?

The research team is part of an international group of researchers from Mater Children's Hospital, Brisbane; The University of Queensland, Brisbane; and The University of Alberta, Canada. It is led by Dr Jane Nikles (UQ), Prof Geoff Mitchell (UQ), A/Prof Honey Heussler (Lady Cilento Children's Hospital) and Dr Hugh Senior (NZ).



Ethics approvals

The project has been granted the following ethics approvals:

Mater HREC/14/MHS/28/AM01
UQ HREC - 2012000999

ADHD flier for families

For further information,
please contact the MYNAP team:

Email: mynap@uq.edu.au
(please send your contact
mobile number and/or landline number
and your address to guarantee that we
can contact you)
Phone: 0408 599 033
Web: [http://medicine.uq.edu.au/mynap-
study](http://medicine.uq.edu.au/mynap-study)



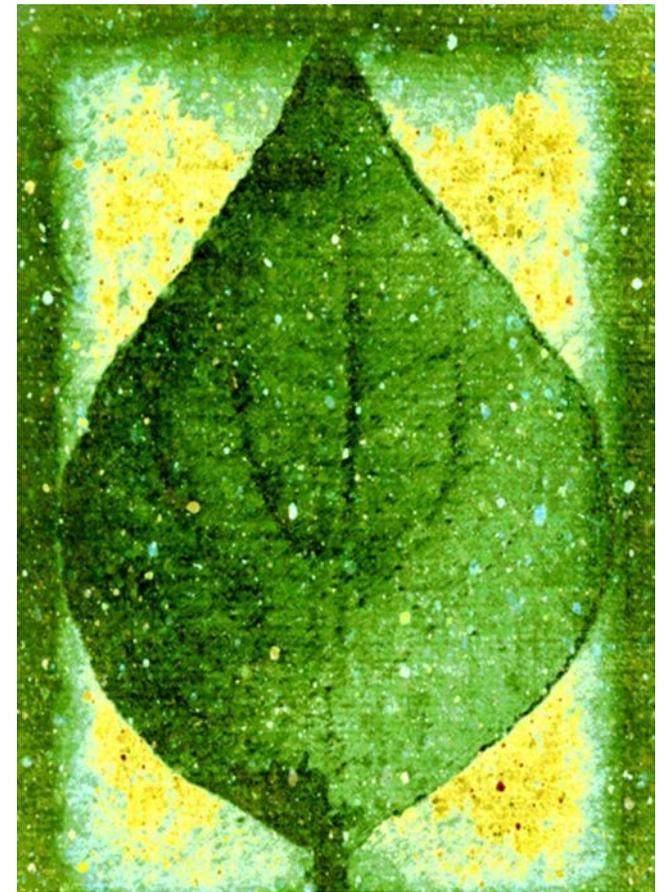
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OF QUEENSLAND
AUSTRALIA



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ALBERTA



The MY NAP Study

*“Does your child have
trouble sleeping and have
a diagnosis of ADHD?”*

What is the MY NAP study about?

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

This study is designed in a way that it can help provide information for individuals, and also group information. This information could be useful in determining if melatonin has a significant effect on sleep for your child. Results from this study can be given to your doctor to help in treatment planning for your child.

This study is funded by the National Health and Medical Research Council (NHMRC).

Attention Deficit Hyperactivity Disorder (ADHD)

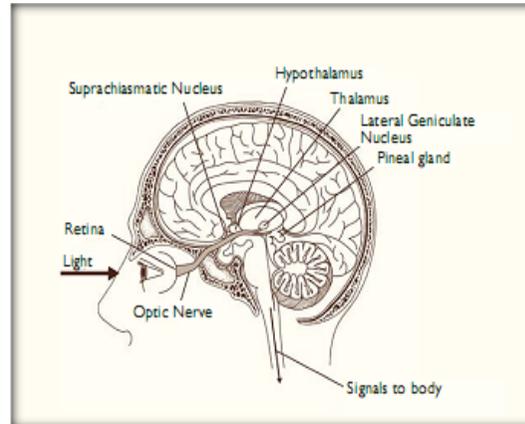
ADHD is a complex disorder involving difficulties with hyperactivity, concentration and attention.

Children with ADHD often have difficulty sleeping with problems trying to settle down in the evening. This can be complicated by the medications used to treat ADHD (such as with stimulants like Ritalin and Dexamphetamine).

What is Melatonin?

Melatonin is a natural hormone that is produced by a part of the brain, called the pineal gland. It is often described as the hormone of sleep and it helps to regulate other hormones and maintain the body's circadian rhythm.

It has been used in children to help with their sleep from time to time, however the scientific research has not decided whether there is a true effect seen in children with ADHD. One of the best ways is to see whether your child sleeps better with melatonin, or a placebo (inactive medication).



Who is eligible to take part in this study?

- Children between the ages of 6 – 17 years;
- Who have a diagnosis of ADHD
- Who are treated for their ADHD with Stimulants such as Ritalin, Dexamphetamine etc.
- Who have trouble sleeping
- If you are already on Melatonin this is OK

What would be involved?

If you are interested in taking part in the study, please contact the research assistant via email: mynap@uq.edu.au (please send your contact mobile number and/or landline number and your address to guarantee that we can contact you)

or telephone 0408 599 033 for further information and to confirm your child's eligibility

In the first phase, you would be asked to initially complete some questionnaires and be given information about healthy sleeping habits. Your child's sleeping activity would be monitored for two weeks.

At the end of the two weeks, your child would be given the medication (either melatonin or a placebo) for 1 week blocks, for six weeks. During the six weeks, you would be asked to keep a sleep diary and complete more questionnaires.