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## **Parental Understandings of Sleep Problems in Children with Long-Term Health Conditions**

The purpose of this project is to help researchers understand parents' perceptions of the nature and causes of sleep problems in their children with long-term health conditions (i.e., on-going or recurring [ >3 months] physical health condition(s) such as arthritis, cystic fibrosis, cancer, asthma, diabetes) and their experiences with sleep interventions. This is a research project being led by Associate/Professor Laurie McLay at the University of Canterbury. You are invited to participate in this research project because you are a parent/caregiver of a child with a long-term health condition.

Your participation in this research study is voluntary. You may choose not to participate. If you decide not to participate in this study you will not be penalised.

The procedure involves filling an online survey that will take approximately 20 minutes. Your responses will be confidential and we do not collect identifying information such as your name, email address or IP address. The survey questions will be about your child's sleep problems.

We will ensure that any information that you provide will be kept confidential. All data is stored in a password protected electronic format. To help protect your confidentiality, the surveys will not contain information that will personally identify you. The results of this study will be used for scholarly purposes only.

If you have any questions or comments about the research study, please contact Laurie McLay, [laurie.mclay@canterbury.ac.nz](mailto:laurie.mclay@canterbury.ac.nz) or (03) 369 3522. This research has been reviewed according to the University of Canterbury Human Ethics Committee. If you have any complaints you may contact the Chair of the University of Canterbury Ethics Committee via Private Bag 4800, Christchurch, or email: [human-ethics@canterbury.ac.nz](mailto:human-ethics@canterbury.ac.nz).

This research has received ethical approval from the University of Canterbury Human Ethics Committee, Private Bag 4800, Christchurch; email [human-ethics@canterbury.ac.nz](mailto:human-ethics@canterbury.ac.nz)