

Clinical Trial Information

Melatonin for treating sleep problems in children with FASD



The problem?

Children with Fetal Alcohol Spectrum Disorder often have trouble sleeping at night. This can significantly impact their lives and the lives of their parents/carers.

What is this trial about?

Researchers at **Griffith** are collaborating with clinicians at **Gold Coast CDS** to determine whether melatonin can improve sleep patterns in children with FASD.

Who are we recruiting?

- Children between **5 and 8 years of age**
- With **confirmed prenatal alcohol exposure who have FASD (incl. at risk diagnosis)**
- **OR confirmed prenatal alcohol exposure (formal assessment options available)**
- Who have **significant problems getting to sleep** at night (takes approx. 30 minutes or more most nights)

What will the trial involve?

After a baseline phase (1 week), parents/carers will visit the Gold Coast University Hospital and receive doses of melatonin and placebo. Over the following 6 weeks, children will receive sublingual (placed under the tongue) melatonin/placebo each night before bed. Their sleep will be recorded using a monitor watch and by their parents/carers using a sleep diary.

As part of the trial you will be asked to visit the Griffith University Psychology Clinic (next to Gold Coast Uni Hospital) 3 times for child-friendly assessments to monitor progress as a result of the intervention. You will be reimbursed for travel costs.

Contact for more info:

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