



AUTISTIC CHILDREN AGES 7–12 INVITED TO PARTICIPATE IN STUDY ON SLEEP AND YOGA

WHAT ARE THE GOALS OF THIS RESEARCH STUDY?

Research has shown that 80% of autistic children experience some type of sleep disturbance such as trouble falling or staying asleep. The goal of this research project is to determine whether a virtual yoga intervention improves sleep quality for autistic children.

WHO CAN BE A PART OF THIS STUDY?

This study is open to children ages 7-12 years old who have a confirmed diagnosis of autism spectrum disorder and experience sleep difficulties such as trouble falling or staying asleep, and a parent/ guardian.

WHAT WILL PARTICIPANTS BE ASKED TO DO?

Parents/guardians of participants will be asked to answer questions and take surveys about their child's sleep habits. Children will participate in a series of virtual yoga sessions provided by a certified instructor. Participants must be able to follow simple directions and copy beginner yoga movements, have access to Wi-Fi and a device to display sessions (such as a tablet, laptop, computer or smart phone), and are currently not enrolled in yoga classes. A parent/ guardian must also be available during session times.

I WANT TO HELP! WHO DO I CALL?

If you are interested in participating in the study or want to learn more, please contact **Nina Calzaretto** by email at calzarettn@chop.edu

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