

Sleep study

Department of Sleep Medicine, Royal Infirmary of Edinburgh



Sleep problems can be bad for your health and make you feel sleepy in the daytime. Being sleepy can make it harder for you to do well at things like school, college, work or hobbies. People with Down's syndrome (DS) have more chance of having sleep problems than people who don't. If we know more about sleep problems, we can help people with DS to get more out of life.

Down's Syndrome Scotland, the Down's Syndrome Association and The Down's Heart Group sent out questionnaires for us last year. So far, over 1300 people have sent back a questionnaire. If you have been sent a questionnaire, please fill it in and send it back. If you haven't had a questionnaire, you can get one from the Down's Heart Group, or you can speak to the person running the study (details below).

A big thank you to everyone who filled in a questionnaire!

We will soon be contacting everyone who sent one in. It has taken us longer than we thought to do this, and we are sorry you if have been waiting.

Everyone who filled in the questionnaire will be invited to have a home sleep study - this is comfortable and easy to use in your own bed. If this test shows breathing problems during sleep, you will have the chance to take part in a trial of treatment. **The good news is that now anyone aged 16+ with DS can take part in the treatment study, whether they can give consent for themselves or not.** There are no drugs, needles or surgery!

If you would like to be involved or want more information, please contact Lizzie Hill, Research Fellow on **0131 242 3879** or lizzie.hill@ed.ac.uk.

Thank you very much for helping us with this important study!