

# Teens & Young Adults with Down Syndrome Needed for a Research Study on Sleep

## WHAT ARE THE GOALS OF THIS RESEARCH STUDY?

We want to learn how to best support better sleep for teens with Down syndrome (DS) and their parent. We want to identify ways to build a sleep health intervention that is most useful to families.

## WHO CAN BE A PART OF THE STUDY?

The study is open to people with Down syndrome between the ages of 13 and 21 years old and their parent or legal guardian

## WHAT WILL PARTICIPANTS BE ASKED TO DO?

Participate in two virtual research interviews. The first interview will be for the teen/young adult and will last about 30 minutes. The second interview will be for the parent or legal guardian and will last about 60 minutes.

Participants will be compensated for their time

Scan Below or Click the Link To  
Learn More



<https://redcap.link/sleepinterview>



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