**INDIVIDUALIZED ASSESSMENT AND BEHAVIORAL INTERVENTION TO TREAT SLEEP PROBLEMS IN CHILDREN WITH AUTISM SPECTRUM DISORDER**

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**Objectives:** High prevalence rates of sleep problems, such as behaviors that interfere with sleep onset and difficulties staying asleep, have been reported in children with autism spectrum disorder (ASD). Research suggests that sleep problems negatively affect children with ASD and their families, including correlations between diminished sleep and challenging behavior (Cohen et al., 2014). Recent reviews of treatments for pediatric sleep problems encourage behavioural strategies, including functional analysis and a comprehensive approach to sleep intervention (e.g., Mindell, Kuhn, Lewin, Meltzer, & Sadeh, 2006). Although these reviews are promising, more research is required to determine the effectiveness of parent-led behavioural sleep interventions, implemented by community-based clinicians. The current study evaluates the results of a parent-implemented, behavior-analytic sleep intervention.

**Method:** This study uses a non-concurrent, multiple-baseline across participants design. Three children diagnosed with ASD have been recruited to-date. Parents of two participants have been trained to implement individualized behaviour-analytic sleep interventions, including strategies such as faded bedtime, differential reinforcement, and stating rules. Parents received in-home training, as well as nightly coaching using a secure, cloud-based audio/videoconference platform. These strategies have been implemented with two participants in order to eliminate inappropriate sleep dependencies (e.g., sleeping in parent’s bed). A third participant recently started an individualized intervention.

**Results:** Nightly sleep log and video data indicate that sleep onset delay and sleep interfering behaviours have decreased, and duration of time asleep alone has increased. Importantly, both participants are now falling asleep (and staying asleep) in their own bed in the absence of parent presence. Reinforcement for new sleep patterns is systematically being thinned to natural levels. Interobserver agreement (collected on 30% of data) is above 80%.

**Discussion/Conclusion:** The current study aims to extend the literature by investigating the effectiveness of parent-led behavioural sleep interventions, supported by community clinicians. Given the significant negative impact of sleep disturbances on child and family quality of life, interventions that improve sleep patterns are essential. Further, interventions that can be implemented effectively by parents, with support from community service providers, are particularly important. Practical considerations for implementing community-based, parent-led behavioural sleep interventions will be discussed.

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