

Sleep and Cleft Study

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Participation is voluntary.
Your care will not be
affected if you decide not
to take part.

All information obtained
remains strictly confidential.

IRB # HUM 4722

Does your child
have a repaired
cleft lip or palate?

He or she may be able to take part
in a research study about sleep,
learning, and behavior



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Why the interest in sleep?

Children with a repaired cleft palate are thought to have an increased risk for sleep apnea, and some also have schooling difficulties that can be related to poor sleep.

In sleep apnea, the throat repeatedly closes during sleep, prevents normal breathing, lowers oxygen levels, and disrupts sleep.

Researchers know that in otherwise healthy children, sleep apnea can be associated with learning and behavioral problems. These learning and behavioral problems often improve when the sleep apnea is treated. This risk of sleep apnea in children with a cleft lip is unknown.

This study will find out whether your child is at risk for sleep apnea. The results of the research may help to show whether sleep apnea contributes to behavior or schooling issues in children who have had a repaired cleft.

Who can take part?

Your child may be eligible if he or she:

- Has a repaired cleft palate or cleft lip
- Is 6-15 years old

What happens to your child?

This study has two parts:

Part 1: Survey about your child's sleep and behavior. After that, your child may be eligible to participate in part 2.

Part 2:

Your child has an overnight sleep study, and testing for learning ability and behavior. One parent will need to stay overnight with your child.

This is an opportunity to learn about your child's sleep, thinking ability, and possible connections between the two!

Do I receive anything for taking part?

You will not receive anything for filling out the survey.

If your child has a sleep study and other tests, your child will receive a \$50 gift certificate and you will receive \$100.