



Poster Presentation

## Investigation of Two Methods for Treating Sleep Problems Among Children With CHARGE Syndrome

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### Presenter Information

Ben Kennert became interested in CHARGE syndrome during his graduate training at Central Michigan University, where he worked in the CHARGE Syndrome Research Lab under Tim Hartshorne. During his doctoral training in school psychology, Ben led or contributed to several research projects including sleep in CHARGE, quality of life, and cognitive and emotional self-regulation, and worked as a mentor for other graduate and undergraduate students. Ben was a recipient of the Sandra Davenport CHARGE Syndrome Fellowship in 2015, and has presented in the past at the International CHARGE Syndrome Conference and at the Australasian conference. Ben completed his pre-doctoral internship in behavioral pediatrics and integrated primary care at the Munroe-Meyer Institute, and has since worked as a behavioral interventionist and consultant in both Missouri and Michigan. Ben currently resides in Traverse City, MI with his wife, Amber, and two children, Adrian and Lola.

### Presentation Abstract

Sleep problems are common among children, especially those with developmental disabilities, visual impairments, and behavioral problems. Among children with CHARGE syndrome, recent research indicates a particularly high prevalence of clinically-relevant sleep problems for this group. This presentation will review a recent study using an explorative survey with parents of children with CHARGE syndrome in order to identify the types of sleep problems and the interventions most commonly used among this population. A follow-up study of two small sample groups of children will then be discussed, during which the treatment utility of two intervention strategies (i.e., melatonin treatment and a behavioral treatment package) were investigated, both separately and combined. Implications for results will be discussed.