Melbourne Children's Sleep Centre
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Monash Children's Hospital

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Current Research 2025

About us

Medical research helps us understand health problems better and improve our care of patients in the future. Improvements in our knowledge of how the body works, in health and in sickness have led to huge improvements in medical care over the last 100 years. We are constantly striving to understand the conditions we treat better, discover new treatments, and improve the way we care for patients. The Melbourne Children's Sleep Centre has had an active research partnership with the Department of Paediatrics at Monash University for the past 20 years, obtaining over $5 million in funding from the National Health and Medical Research Council of Australia and producing over 100 research publications. We often approach parents of our patients to ask whether they are interested and willing to be involved in some of the research we are carrying out.

What's involved?

Parents/caregivers and children can become involved in our research in several different ways. When caregivers come in for their child's sleep study, they are asked if they are willing for the results to be used for research. In certain cases caregivers will be approached by research staff *before* their child's sleep study to see if they are willing to take part in research studies which require additional measurements to those usually carried out. In some studies we advertise for participants from the community. In every case, caregivers receive information in writing about the study they are being asked to be involved in, and if they are willing to take part, they are asked to sign a consent form. All involvement in research is voluntary and the decision to participate or not does not affect the care your child receives from the Melbourne Children's Sleep Centre. All information collected is kept completely confidential. By agreeing to participate in our research you and your child will be helping to improve the treatment of children with sleep disorders in the future.

