

TranS-C. Domains for future research have been outlined throughout this chapter. In addition, TranS-C needs to be empirically tested, a process that is currently in progress. One characteristic of TranS-C is that the modules are specified, so as to be useful across the age range, with adaptations for different developmental stages. The focus of this effort is to move toward one protocol that clinicians can learn in order to tackle various sleep problems, across various mental disorders and various age ranges, so as to contribute to reducing the "too many empirically supported treatments problem" (Weisz et al., 2014, p. 68) that impedes the dissemination and uptake of treatments. However, these assumptions await empirical testing. Also, TranS-C comprises several modules. To optimize the efficiency of the treatment and the outcome, it will be helpful if we empirically establish which modules are most powerful for bringing about sleep improvements. There is already a tradition of testing individual behavioral experiments, in one or two sessions (Harvey, Clark, Ehlers, & Rapee, 2000; Tang & Harvey, 2006). More work of this kind would be valuable.

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