



Solving Sleep Problems in Children with Autism Spectrum Disorders: A Guide for Frazzled Families

Terry Katz, Beth Ann Malow

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2014 ForeWord Reviews' INDIEFAB Book of the Year Awards Finalist: Health category

Do nightly struggles to get your child with an autism spectrum disorder (ASD) to go to sleep and stay asleep leave you frazzled and frustrated? Pinpoint and solve the problems underlying sleep difficulties and improve your entire family's quality of life with the effective interventions found in this easy-to-understand and empathetic guide to good sleep.

This book is based on a multi-year study of sleep in children with ASDs which concluded that parent training was the key to resolving children's sleep problems.

The authors show parents how to evaluate both daytime and night time habits and routines -- exercise, lighting, caffeine consumption, bedtime preparation, sleep environment -- to identify causes of impaired sleep and make necessary modifications. Parents are then taught to use strategies -- social stories, visual schedules, visual cues, rewards -- to help their child get ready for bed, fall asleep, and stay asleep.

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