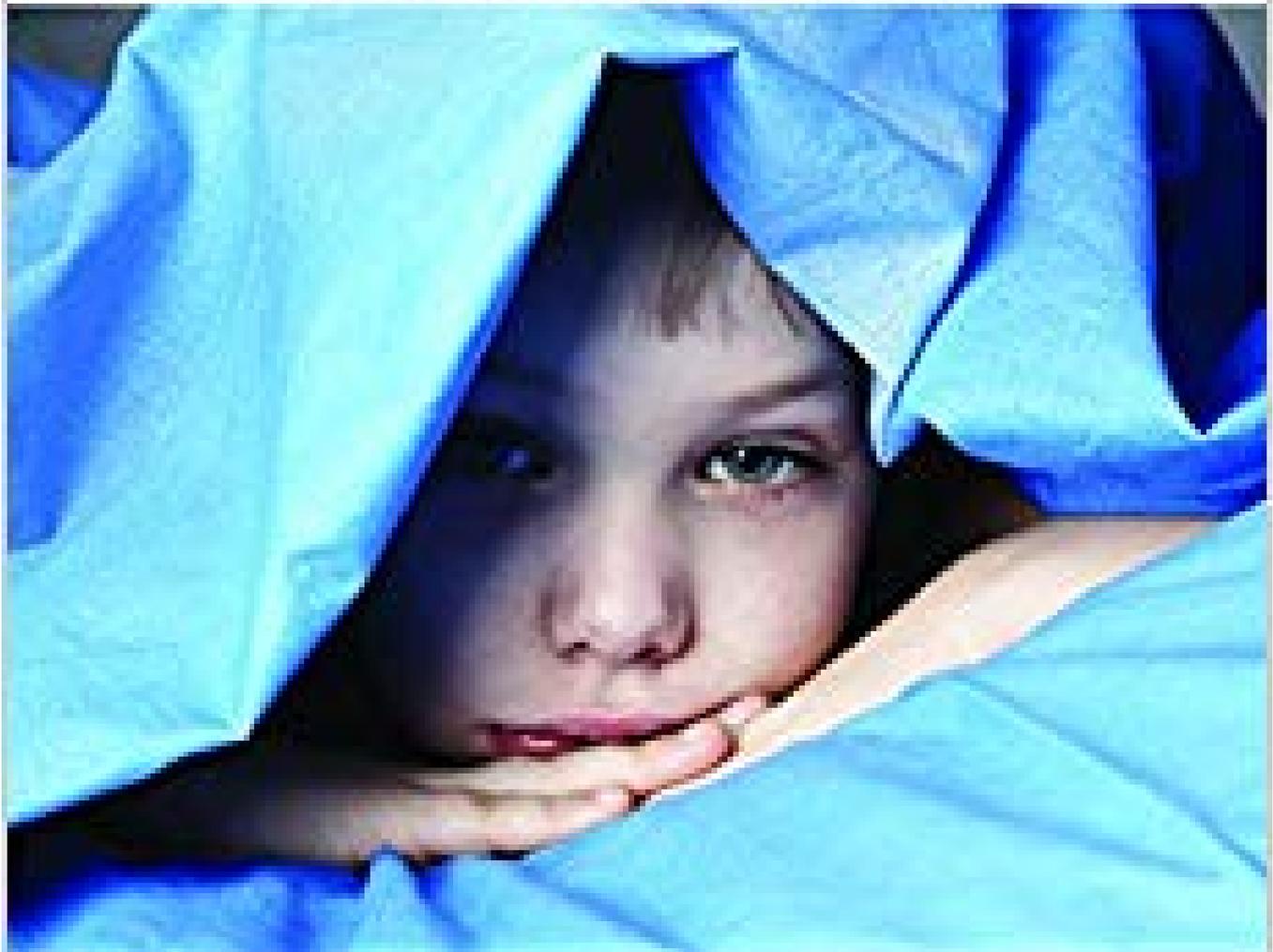


# **Solving Sleep Problems in Children with Autism Spectrum Disorders**

**A Guide for Frazzled Families**



**Terry Katz, Ph.D. & Beth Ann Malow, M.D., M.S.**

Terry Katz

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



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Parents are after that taught to make use of strategies -- social stories, visual schedules, visual cues, rewards -- to greatly help their child get ready for bed, drift off, and stay asleep. Pinpoint and resolve the problems underlying sleep issues and improve your complete family's standard of living with the effective interventions within this easy-to-understand and empathetic guide to good sleep. The authors show parents how exactly to evaluate both daytime and night time habits and routines -- exercise, lighting, caffeine usage, bedtime preparation, sleep environment -- to identify causes of impaired rest and make necessary modifications. This book is based on a multi-year study of sleep in kids with ASDs which figured parent training was the main element to resolving children's sleep problems. 2014 ForeWord Testimonials' INDIEFAB Reserve of the Year Awards Finalist: Health category Do nightly struggles to really get your child with an autism spectrum disorder (ASD) to go to sleep and stay asleep leave you frazzled and frustrated?



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. Provides good ideas for helping your child sleep through the night. readable book in regards to a problem that's difficult . Sleeping tips Good advice for parents.Helpful book Practical easy read. Many people in my office who have small kids borrowed my copy and everyone loved the suggestions and the book's format Many of the ideas which are discussed to help children sleep can apply to all kids, not just those on the autism spectrum. Very thorough, easy to read book about a problem that is challenging to resolve. It can help parents of children with autism and can be beneficial for all children with sleeping problems. I will be sharing it with other parents.. Many people in my office who have small kids borrowed my copy and everyone loved the recommendations and the book's format.



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