



Sleep Well on the Autism Spectrum: How to recognise common sleep difficulties, choose the right treatment, and get you or your child sleeping soundly

Kenneth Aitken

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Why are sleep disorders more common in individuals with autism spectrum disorders (ASDs), and how can parents recognise the signs and symptoms? Which treatments are most effective, how easy are they to implement and how successful can they be?

Full of helpful information and practical advice, this comprehensive guide introduces the most common sleep issues in children with ASDs, describing both mainstream and complementary options for treatment, what is involved and the outcomes that can be expected. The author describes common underlying conditions that might lead to sleep difficulties, including genetic conditions, diet and physical factors, explaining how parents can identify these. Various issues that can affect sleep are explored, including night terrors, teeth grinding, bedwetting and sleepwalking, and practical solutions are given.

This is essential reading for parents of children and teenagers on the autism spectrum who have difficulties associated with sleeping, and will also be of great help to all individuals with ASDs who experience sleep problems.

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Ray Chung:

The guide with title Sleep Well on the Autism Spectrum: How to recognise common sleep difficulties, choose the right treatment, and get you or your child sleeping soundly possesses a lot of information that you can discover it. You can get a lot of benefit after read this book. That book exist new information the information that exist in this book represented the condition of the world now. That is important to you to learn how the improvement of the world. That book will bring you with new era of the syndication. You can read the e-book on your own smart phone, so you can read it anywhere you want.

Craig Brown:

A lot of people always spent their very own free time to vacation as well as go to the outside with them household or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read the book. It is really fun for yourself. If you enjoy the book that you read you can spent the entire day to reading a publication. The book Sleep Well on the Autism Spectrum: How to recognise common sleep difficulties, choose the right treatment, and get you or your child sleeping soundly it is very good to read. There are a lot of people who recommended this book. These were enjoying reading this book. When you did not have enough space to create this book you can buy often the e-book. You can more very easily to read this book from a smart phone. The price is not too costly but this book provides high quality.

Katherine Adkins:

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