



Info Rx

Sleep Problems For Kids & Teens

Children often have difficulty either falling asleep or staying asleep. Below is a list of resources that can be helpful for parents dealing with these problems.

Borrow these books from the FCRC or check your local library!

Sleep Better!: A Guide to Improving Sleep for Children with Special Needs

V. Mark Durand

This down-to-earth guide helps parents assist their special needs child with various sleep problems.

Sleeping Through the Night : How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep

Jodi Mindell

Dr. Mindell's proven method for teaching babies and toddlers good sleep habits will benefit both parents and children.

Snoring and Sleep Apnea: Sleep Well, Feel Better

Ralph A. Pascualy

Written for those with sleep apnea and those around them, this book provides education about sleep apnea and how to live a happy and restful life.

Sleep: What Every Parent Needs to Know by American Academy of Pediatrics

Rachel Moon

No matter what stage your child is in their sleep is important. Packed with information and tips, this guide will answer your questions – even the ones you didn't know you had.

The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep

Elizabeth Pantley

The No-Cry Sleep Solution for Toddlers and Preschoolers gives parents advice to ensure that their little one can get to bed and stay there tear free.




Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens

Judith A. Owens and Jodi A. Mindell

Owens and Mindell wrote this book for parents to help manage their school-aged children's sleep problems.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 fcr.c.ahs.ca/rx/sleep-problems/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



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