



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.

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.

Solve Your Child's Sleep Problems

Richard Ferber

Information that every parent should know about their child's sleep is found in this book.

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

A book for parents to help manage their school-aged child's sleep problems.

This list was created by caring Families & Professionals

These resources are available to borrow from:

Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

fcr.cahs.ca/health-information/library/information-prescriptions/sleep-problems

For more information contact the Child Health Information Specialist
at 403-955-7745 or childhealthinfo@ahs.ca

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Alberta Health
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