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Titolo	Sleep in Children with Neurodevelopmental Disabilities : An Evidence-Based Guide // edited by Jennifer A. Accardo
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	I. Introduction Evaluation of sleep problems in children with neurodevelopmental disabilities Polysomnography Actigraphy Actigraphy -- II. Sleep Disorders Insomnia Sleep Related Breathing Disorders Parasomnias Hypersomnia Circadian Rhythm Sleep Disorders Movement Disorders -- III. Neurodevelopmental Disabilities Autism Attention Deficit Hyperactivity Disorder Cerebral Palsy Down Syndrome Down Syndrome Spina Bifida International Adoption Prader-Willi Syndrome and Angelman Syndrome Rett Syndrome Williams Syndrome Tuberous sclerosis Sleep and Epilepsy 22q11 Deletion Syndrome Fragile X Syndrome Intellectual Disability Intellectual Disability Comorbid Psychiatric Disorders -- IV. Treatment Approaches Behavioral & Environmental Approach to Sleep Medications Exercise Melatonin Occupational Therapy and Sleep Complementary and Alternative Medicines for Sleep Procedural Desensitization Procedural Desensitization CPAP Desensitization Transition to Adulthood.
Sommario/riassunto	This practical guide presents approaches to working with children and adolescents with neurodevelopmental disabilities who have sleep problems. Divided into four sections, the book begins with the impact of sleep problems in children with disabilities and the evaluation of sleep complaints. The next two sections cover the major categories of sleep disorders as they apply in children with disabilities, and specific neurodevelopmental disabilities with their characteristic sleep

manifestations. The last section details options for treatment, which include behavioral and environmental strategies, occupational therapy, exercise, and medications. Chapters feature case studies that introduce and reinforce diagnostic and therapeutic approaches. Those engaged in the care of children with neurodevelopmental disabilities and sleep problems will find this text to be an invaluable guide when assessing and treating sleep disorders.

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