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Nota di contenuto	Pre-intervention assessment and planning -- Good sleep hygiene -- Bedtime -- Night waking -- Nightmares and sleep terrors -- Bedwetting -- Other sleep-related issues.
Sommario/riassunto	Many children experience sleep problems and their parents often seek help for what can be a nightly disruption to the entire family. Difficulty getting a good night's sleep can also impact a child's functioning during the day. In addition, sleep problems often accompany and can contribute to other disorders. Despite common belief, children do not simply 'grow out of' most sleep problems. While medications are often prescribed, they may have serious side-effects and have not been proven effective in children. However, there is more than twenty years of psychological research supporting non-phar