

|                         |  |
|-------------------------|--|
| 1. Record Nr.           | UNINA9910823432403321  |
| Autore                  | Durand Vincent Mark  |
| Titolo                  | When children don't sleep well : interventions for pediatric sleep disorders : therapist guide // V. Mark Durand   |
| Pubbl/distr/stampa      | Oxford ; ; New York, : Oxford University Press, 2008   |
| ISBN                    | 0-19-045012-6<br>0-19-023076-2<br>1-281-52922-2<br>9786611529222<br>0-19-971627-7  |
| Edizione                | [1st ed.]  |
| Descrizione fisica      | 1 online resource (160 p.)   |
| Collana                 | ProgramsThatWork   |
| Disciplina              | 618.92/8498  |
| Soggetti                | Sleep disorders in children - Treatment  |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Note generali           | Description based upon print version of record.  |
| Nota di bibliografia    | Includes bibliographical references P. [147]-148.  |
| 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 |