

1. Record Nr.	UNINA9910823432403321
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Titolo	When children don't sleep well [[electronic resource]] : interventions for pediatric sleep disorders : therapist guide // V. Mark Durand
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
ISBN	0-19-023076-2 1-281-52922-2 9786611529222 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