

### Supporting Resources

#### Websites

Sleep Health Foundation (this site has a lot of handouts that are generally relevant to paediatric sleep as opposed to being autism specific) <http://www.sleephealthfoundation.org.au/>

Raising Children Network (has both general paediatric sleep and autism sleep information) <http://raisingchildren.net.au/>

Research Autism <http://www.researchautism.net/sleep>

#### Books and articles

Mindell and Owens (2009). A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems <http://www.amazon.com/Clinical-Guide-Pediatric-Sleep-Management/dp/1605473898>

Jan, J., Owens, J., Weiss, M., Johnson, K., Wasdell, M., Freeman, R., & Ipsiroglu, O. (2008). Sleep hygiene for children with neurodevelopmental disabilities. *Pediatrics*, 122(6), 1343–50. doi:10.1542/peds.2007-3308 <http://pediatrics.aappublications.org/content/122/6/1343.full.pdf>

Malow et al. (2012) A Practice Pathway for the Identification, Evaluation, and Management of Insomnia in Children and Adolescents With Autism Spectrum Disorders. *Pediatrics*, 130, S106. [http://pediatrics.aappublications.org/content/130/Supplement\\_2/S106.full.html](http://pediatrics.aappublications.org/content/130/Supplement_2/S106.full.html)

Richdale, A., & Wiggs, L. (2005) Behavioral approaches to the treatment of sleep problems in children with developmental disorders. What is the state of the art? *International Journal of Behavioral and Consultation Therapy*, 1, 165 – 189. <http://www.baojournal.com/IJBCT/IJBCT-VOL-1/IJBCT-1-3.pdf>

Polimeni, M. A., Richdale, A. L., & Francis, A. J. P. (2007). The impact of children's sleep problems on the family and behavioural processes related to their development and maintenance. *E-Journal of Applied Psychology*, 76 – 85. <http://ojs.lib.swin.edu.au/index.php/ejap/issue/view/12>

#### Tools and Fact Sheets

Sleepwise – A Resource Manual. Workshops for clinicians to educate and inform about sleep for children with developmental disability; great resources for parent information and workshops. [http://books.google.com.au/books/about/Sleepwise\\_A\\_Resource\\_Manual.html?id=u5syAAAACAAJ&redir\\_esc=y](http://books.google.com.au/books/about/Sleepwise_A_Resource_Manual.html?id=u5syAAAACAAJ&redir_esc=y)

Autism Speaks Sleep Toolkit (developed by ATN): <http://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/sleep-tool-kit>

Ask Your Doctor About Your Sleep and Melatonin (Sue McCabe) <http://www.mhpn.org.au/Uploads/Documents/Webinars/External%20Resouces/Ask%20your%20doctor%20about%20your%20sleep%20and%20Melatonin.pdf>