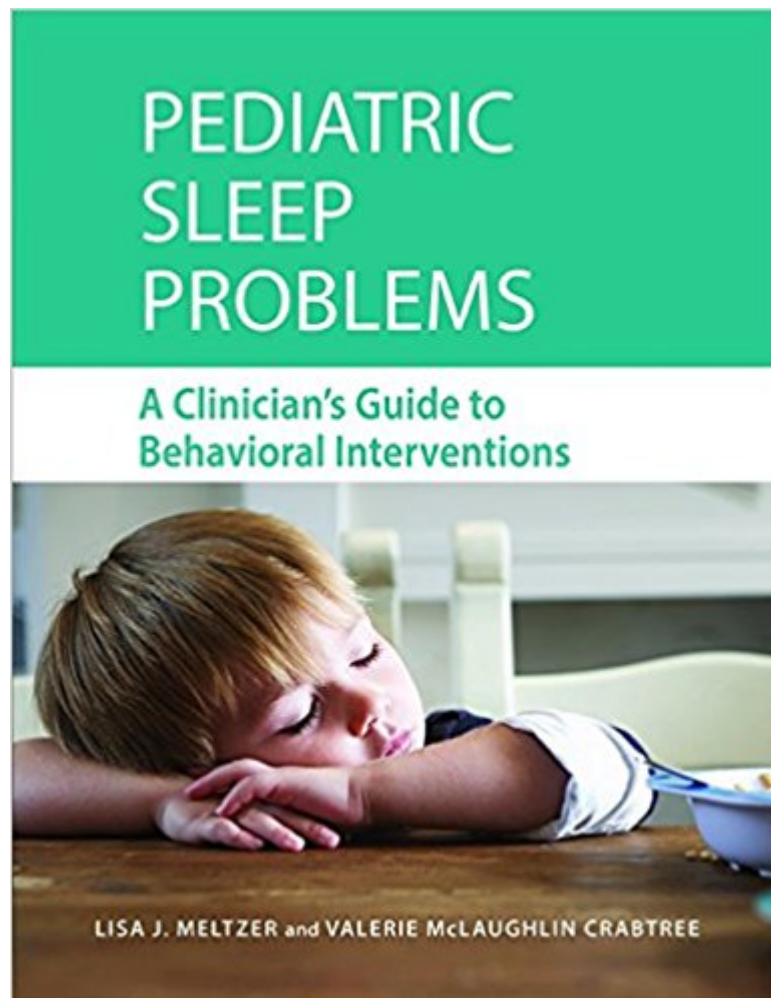




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# Pediatric Sleep Problems: A Clinician's Guide To Behavioral Interventions



## Synopsis

Sleep problems are common in children. Between 25-40% of youth experience sleep difficulties such as sleep anxiety, insomnia, frequent waking, delayed circadian rhythm, night terrors, and nocturnal enuresis or encopresis at some point during childhood or adolescence. Yet, most healthcare providers receive little if any training in paediatric sleep problems -- and most training that does exist tends to emphasize medical rather than behavioural interventions. This book presents highly effective behavioural interventions for common paediatric sleep problems. Step-by-step instructions show readers how to clinically assess and treat children from toddlers to teenagers, and case examples apply the instructions to real-life scenarios. The authors also provide more than 30 handouts and worksheets for parents and children, including sleep logs and directions for a series of creative, at-home interventions.

## Book Information

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## Customer Reviews

This is a compelling book that offers clinicians the most complete behavioral intervention guidelines for pediatric sleep problems currently available. The authors were able to translate a vast amount of research into practical application without sacrificing treatment rigor and integrity. The arrangement of chapter by sleep problem also gives clinicians quick access to the most effective treatments.

--New England Psychologist This well-written text represents a clinical practice niche in pediatric psychology that has come of age and is showing its clear relevance for a wide range of child and adolescent functioning.

--PsycCRITIQUE The text is well written, comprehensive, up-to-date, and

absolutely practical for day-to-day clinical use. I applaud the authors on their attention to detail, accuracy, and lack of deficiencies. This book is appropriate for medical students, residents, fellows, mid-level providers, pediatric primary care providers (pediatricians, family practitioners), psychologists, and sleep medicine specialists. Even a veteran, experienced sleep specialist will learn something new within these chapters. --Journal of Clinical Sleep Medicine

Sleep problems are common in children. Between 25-40% of youth experience sleep difficulties such as sleep anxiety, insomnia, frequent waking, delayed circadian rhythm, night terrors, and nocturnal enuresis or encopresis at some point during childhood or adolescence. Yet, most healthcare providers receive little if any training in pediatric sleep problems and most training that does exist tends to emphasize medical rather than behavioral interventions. This book presents highly effective behavioral interventions for common pediatric sleep problems. Step-by-step instructions show readers how to clinically assess and treat children from toddlers to teenagers, and case examples apply the instructions to real-life scenarios. The authors also provide over 30 handouts and worksheets for parents and children, including sleep logs and directions for a series of creative, at-home interventions, all of which can also be downloaded from a supplemental website.

Wonderful book full of hands-on tools for addressing most common childhood sleep problems in clinical practice!

a great book!! the authors provided many useful method about behavior therapy.

Invaluable resource for any clinicians working with kids . . .

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