



Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens

Judith A. Owens, Jodi A. Mindell

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Over 25 percent of all children—not just infants, but adolescents and high school students as well—experience various forms of sleep problems, from short-term difficulties with falling asleep and nightwalkings to long-term problems of sleep apnea and narcolepsy. *Give Your Child a Good Night's Sleep* is the first book to provide parents of older children with a comprehensive, accessible resource for understanding and solving their child's sleep problems. Written by two of the country's foremost experts in pediatric sleep problems, Owens and Mindell explain the developmental importance of sleep at all ages, cover all of the common sleep issues parents may encounter, and offer age-specific recommendations for each problem discussed. *Give Your Child a Good Night's Sleep* is the essential, all-in-one resource for parents seeking to recognize, evaluate, prevent, and manage their school-aged children's sleep problems.

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