

Sleep Issues

Cuthbertson, Joanne and Susanna Schevill. (1985). *Helping Your Child Sleep Through the Night*. New York, NY: Main Street Books. *Methods for parents to teach their children to get a good night's sleep.*

Emsellem, Helene A. and Carol Whiteley. (2006). *Snooze... or Lose! 10 "No-War" Ways to Improve Your Teen's Sleep Habits*. Washington, D.C.: National Academics Press. *Examines the importance of sleep and the effects of sleep deprivation. Contains strategies to improve sleep function. For parents.*

Ferber, Richard. (2006). *Solve Your Child's Sleep Problems*. New York, NY: Fireside. *The classic sleep book for children. For parents.*

Lite, Lori. (2007). *A Boy and a Turtle: A Children's Relaxation Story*. 2nd rev. ed. Litebooks.net LLC. *A story designed to help children relax before bedtime from all the daytime stressors and provide them with improved sleeping. Also helps with calming anger, anxiety, etc. Ages 4-8.*

Lite, Lori. (2004). *The Goodnight Caterpillar: The Ultimate Bedtime Story*. 2nd rev. ed. Litebooks.net LLC. *A story designed to help children relax before bedtime from all the daytime stressors and provide them with improved sleeping. Also helps with calming anger, anxiety, etc. Ages 4-8.*