



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

By Lisa J. Meltzer, Valerie McLaughlin Crabtree

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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.

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### **Editorial Review**

#### **Review**

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. --**PsycCRITIQUES**

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**

#### **From the Inside Flap**

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.

#### **About the Author**

Lisa J. Meltzer , PhD, CBSM, is an associate professor of paediatrics at National Jewish Health. She received her doctorate in clinical and health psychology from the University of Florida, USA, and she completed her clinical internship and postdoctoral fellowship at the Children's Hospital of Philadelphia, USA. She was selected as a Pickwick Postdoctoral Fellow in Sleep Research by the National Sleep Foundation, studying sleep patterns in parents of children with chronic illnesses. Dr. Meltzer is board certified in behavioural sleep medicine by the American Board of Sleep Medicine, and she directs both the Pediatric Behavioral Sleep Clinic and the Actigraphy Program at National Jewish Health. She also has a funded program of research examining sleep in children with chronic illnesses and their parents, the impact of deficient sleep on health outcomes in adolescents with asthma, as well as the development and validation of objective and subjective measures of pediatric sleep. Valerie McLaughlin Crabtree , PhD, CBSM, is an assistant faculty member in the Department of Psychology at St. Jude Children's Research Hospital. She received her doctorate in counselling psychology from the University of Southern Mississippi, USA and completed her internship and postdoctoral fellowship at the University of Louisville School of Medicine, USA. Dr. Crabtree is board certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine and directs the Psychology Clinic and Psychology training programs at St. Jude. Her clinical work and research are focused on sleep in children and adolescents with cancer.

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