

Sleep and its Disorders in Children and Adolescents with a Neurodevelopmental Disorder: A Review and Clinical Guide

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Sleep disorders are common in children and adolescents with neurodevelopmental disorders, exacerbating behavioural problems and hindering overall care. Based on a review of published evidence and a wealth of clinical experience, this book provides paediatricians, paediatric neurologists, specialists in intellectual disability, psychiatrists, psychologists, and primary care staff with practical guidance for the investigation and management of these disorders. The book outlines sleep and its disorders in children and adolescents, before discussing special considerations in children with a neurodevelopmental disorder. The next section reviews co-morbid conditions that contribute to sleep disturbances, including intellectual disability, epilepsy, sleep-related breathing disorders, sensory deficits, psychiatric disorders, and parenting difficulties. The remainder of the book gives accounts of the sleep disturbance aspects of various neurodevelopmental disorders. Each disorder is considered separately, focussing on the need for a comprehensive, co-ordinated multidisciplinary approach to assessment and treatment. Emphasis throughout is placed on aspects of practical clinical importance.

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