



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

By 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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Editorial Review

Review

"... provides solid advice to kids and teens who can't sleep and the parents who anguish over them." -- *Tamar Chansky, Ph.D., author of Freeing Your Child from Anxiety and Freeing Your Child from Obsessive-Compulsive Disorder*

"...jam-packed with research-tested strategies that will help children of all ages get the rest they desperately need." -- *Diane Debrovner, Health and Psychology Editor, Parents Magazine*

"If your child or teen has a sleep problem, look to Drs. Owens and Mindell for proven solutions!" -- *Dr. James Maas, Weiss Presidential Fellow/Professor, Cornell University and author of Power Sleep*

About the Author

Judith Owens, Ph.D., a developmental-behavioral pediatrician, has been the Director of the Pediatric Sleep Disorders Clinic at Hasbro Children's Hospital in Providence, RI, for the last 10 years and is one of the premier authorities on pediatric sleep problems. She is also Director of the Learning, Attention, and Behavior Program at Hasbro and a nationally recognized authority on ADHD. The chair of the pediatric section of the American Academy of Sleep Medicine and a faculty member at Brown Medical School, Owens lives with her family in Providence, RI.

Jodi Mindell, M.D., M.P.H., is a leading authority on clinical sleep disorders in children and the Associate Director of the Sleep Disorders Center at The Children's Hospital of Philadelphia. She is also on the Advisory Board of Johnson & Johnson, the Board of Advisors of *Parents* magazine, and on the Medical Advisory Board of BabyCenter.com. Mindell lives with her family in Philadelphia, PA.

Owens and Mindell have collectively appeared on over 200 TV and radio shows discussing children's and adolescents' sleep issues, including *The Today Show*, *CBS This Morning*, *Good Morning America*, *CNN*, and *MSNBC*. They are both frequently quoted in a wide array of publications, such as *Parents*, *Child*, *Parenting*, *Good Housekeeping*, *Redbook*, and *Newsweek* magazines and the *New York Times*, *Washington Post*, and the *Chicago Tribune*.

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