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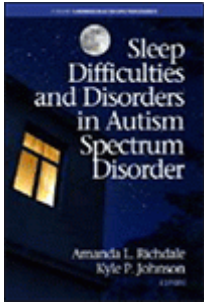
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# Sleep Difficulties and Disorders in Autism Spectrum Disorder

Amanda Richdale, La Trobe University; Kyle P. Johnson, Oregon Health & Science University

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Increasingly, the importance of sleep is recognized as being on a par with diet and exercise as a key to good health and wellbeing; adequate, restful sleep is key to a healthy lifestyle. Sleep deprivation is associated with poor physical and mental health, including obesity, metabolic disturbances such as diabetes, inflammation, clinical depression, and cognitive impairments. In our youth, inadequate sleep impairs academic performance, is associated with attention-deficit/hyperactivity disorder-type symptoms and behaviors, and may exacerbate aggressive, disruptive behavior.

Youth with autism spectrum disorder (ASD) experience sleep disturbances at rates much higher than their peers in the general population, particularly insomnia. The resultant sleep deprivation in youth with ASD is associated with daytime behavior problems and parental stress. Fortunately, researchers and clinicians now recognize that sleep problems and ASD are closely linked. Since 2000, the number of research studies regarding this link has increased about 20-fold, and we have become aware that poor sleep can be a lifespan issue for individuals with ASD. Given this explosion in research, it is time for a textbook that synthesizes current knowledge, and is accessible to clinicians, researchers, educators, and administrators alike. This book fills that gap.

**CONTENTS:** Preface. **SECTION I: EXAMINING SLEEP PROBLEMS.** The Unique Association of Autism Spectrum Disorder With Sleep Problems, *Kimberly A. Schreck and Robert E. Schreck*. Sleep in Autistic Adults, *Emma K. Baker, Pura Ballester, and Amanda L. Richdale*. **SECTION II: COMORBID CONDITIONS AFFECTING SLEEP IN CHILDREN.** Medical Issues Affecting Sleep in Children With Autism Spectrum Disorder, *Ann Reynolds and Terry Katz*. Sleep Disturbances in Autism Spectrum Disorders: Contributions of Neurological Conditions (and Their Medications), *Helen Heussler and Beth A. Malow*. Psychiatric Disorders and Medications Affecting Sleep, *Anna Ivanenko, Sricharan Moturi, and Kyle P. Johnson*. **SECTION III: THE IMPACT OF POOR SLEEP FOR THE CHILD AND THE FAMILY.** Impact of Poor Sleep on Daytime Behavior, *Suzanne E. Goldman, Diane B. Fawkes, and Sheila J. Asghar*. Sleep Disturbance in Children With Autism Spectrum Disorders: Impact on Family Functioning and Quality of Life, *Lisa J. Meltzer and Jocelyn H. Thomas*. **SECTION IV: ASSESSMENT AND TREATMENT.** Assessment Tools to Evaluate Sleep in Children and Adolescents With Autism Spectrum Disorder, *Shelley Weiss and Ryan Hung*. Behavioral Strategies to Promote Sleep in Individuals With Autism Spectrum Disorder, *Robert Didden, Jeff Sigafos, and Giulio E. Lancioni*. Pharmacological Strategies to Promote Sleep in Children With ASD, *Beth A. Malow and Susan G. McGrew*. The Use of Complementary Medicines or Alternative Treatments for Sleep Problems, *Karyn G. France and Laurie K. McLay*. Conclusion: Where to Next? *Amanda L. Richdale and Kyle P. Johnson*. About the Editors.



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