



The Oxford Handbook of Infant, Child, and Adolescent Sleep and Behavior (Oxford Library of Psychology)

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Since the early 20th century, parenting books, pediatricians, and other health care providers have dispensed recommendations regarding children's sleep that frequently involved behavioral and educational approaches. In the last few decades, however, psychologists and other behavioral scientists and clinicians have amassed a critical body of research and clinical recommendations regarding developmental changes in sleep, sleep hygiene recommendations from infancy through adolescence, and behaviorally oriented treatment strategies for children and adolescents.

The Oxford Handbook of Infant, Child, and Adolescent Sleep and Behavior provides a comprehensive and state-of-the-art review of current research and clinical developments in normal and disordered sleep from infancy through emerging adulthood. The handbook comprises seven sections: sleep and development; factors influencing sleep; assessment of sleep and sleep problems; sleep challenges, problems, and disorders; consequences of insufficient sleep; sleep difficulties associated with developmental and behavioral risks; and prevention and intervention.

Written by international experts in psychology and related disciplines from diverse fields of study and clinical backgrounds, this handbook is a comprehensive resource that will meet the needs of clinicians, researchers, and graduate students with an interest in the multidisciplinary and emerging field of child and adolescent sleep and behavior.

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Editorial Review

Review

"This book presents up-to-date research findings and clinical developments in sleep disorders among infants, children, and adolescents, compiled by 78 specialists from five countries. This book is an outstanding work in the field of infant-to-adolescent sleep and behavior. It provides overviews of results of current clinical investigations and developments, as well as analysis and discussion of related issues. It's a must-read, thanks to the superb compilation, organization, and presentation of material from international experts on the subject by the editors named below. This is an indispensable reference source for anyone working with youngsters who have problems relating to sleep." -Sonu Chandiram, *Biz India*

"With its focus on child and adolescent sleep presented in a behavioral and developmental context, this is a unique contribution to the field that brings together a variety of perspectives from prominent psychologists, clinicians, and researchers. It is a very useful resource for clinicians, researchers, and students with an interest in child and adolescent sleep." -*Doody's Health Sciences Book Review*

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