



Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments

By Lisa J. Meltzer, Valerie McLughlin Crabtree

Download now

Read Online 

Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree

Sleep problems are common in children. Between 25% and 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.

 [Download Pediatric Sleep Problems: A Clinician's Guide to ...pdf](#)

 [Read Online Pediatric Sleep Problems: A Clinician's Guide ...pdf](#)

Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments

By Lisa J. Meltzer, Valerie McLughlin Crabtree

Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree

Sleep problems are common in children. Between 25% and 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.

Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree **Bibliography**

- Rank: #1208053 in eBooks
- Published on: 2015-05-18
- Released on: 2015-10-27
- Format: Kindle eBook



[Download Pediatric Sleep Problems: A Clinician's Guide to ...pdf](#)



[Read Online Pediatric Sleep Problems: A Clinician's Guide ...pdf](#)

Download and Read Free Online Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree

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 McLughlin 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.

Users Review

From reader reviews:

Marilyn Daniels:

Here thing why this Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments are different and reliable to be yours. First of all examining a book is good nevertheless it depends in the content than it which is the content is as delicious as food or not. Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments giving you information deeper and in different ways, you can find any publication out there but there is no book that similar with Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments. It gives you thrill reading through journey, its open up your personal eyes about the thing that will happen in the world which is might be can be happened around you. You can actually bring everywhere like in park your car, café, or even in your approach home by train. In case you are having difficulties in bringing the branded book maybe the form of Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments in e-book can be your alternate.

Omer Brown:

Playing with family in the park, coming to see the marine world or hanging out with pals is thing that usually you might have done when you have spare time, then why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments, you may enjoy both. It is very good combination right, you still desire to miss it? What kind of hang type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its referred to as reading friends.

Holly Sheehan:

Reading a book to be new life style in this year; every people loves to study a book. When you study a book you can get a lot of benefit. When you read publications, you can improve your knowledge, mainly because book has a lot of information in it. The information that you will get depend on what kinds of book that you have read. In order to get information about your review, you can read education books, but if you want to entertain yourself read a fiction books, such us novel, comics, and soon. The Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments offer you a new experience in examining a book.

John Negron:

In this era globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. The particular book that recommended for you is Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments this publication consist a lot of the information with the condition of this world now. This specific book was represented just how can the world has grown up. The words styles that writer make usage of to explain it is

easy to understand. The particular writer made some exploration when he makes this book. This is why this book suitable all of you.

Download and Read Online Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree #QODH2V6NSLJ

Read Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree for online ebook

Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree books to read online.

Online Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree ebook PDF download

Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree Doc

Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree MobiPocket

Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree EPub

QODH2V6NSLJ: Pediatric Sleep Problems: A Clinician's Guide to Behavioral Treatments By Lisa J. Meltzer, Valerie McLughlin Crabtree