



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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