

Article 5/4 Additional Sleep Resources

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www.tuck.com/autism-spectrum-disorder-and-sleep/

For more information about the relationship between ASD and sleep difficulties, please visit the following online resources.

ASD IN ADULTS

- [Interactive Autism Network](#): The IAN offers a user-friendly online platform for adults with ASD to communicate and share ideas with one another.
- [Autism Speaks](#): Adults with ASD can access dozens of blogs, journals, advocacy groups, and other online resources with this comprehensive link list from Autism Speaks.
- [Actually Autistic Blogs List](#): This exhaustive list includes hundreds of links to blogs created and maintained by adults who have been diagnosed with ASD.
- [Journal of Autism and Developmental Disorders](#): This 2015 report outlines the RBQ-2A, one of the first screening questionnaires designed to evaluate adults for ASD symptoms and behaviors.
- [Scientific American](#): This 2016 article titled ‘Autism — It’s Different in Girls’ looks at some fundamental differences in the way ASD is addressed in male and female patients.

ASD IN CHILDREN

- [National Autism Association](#): Early detection of ASD is crucial for developing children, and this NTA guide geared toward parents includes common symptoms, tendencies, and information about screening procedures.
- [Pharmacy and Therapeutics](#): This 2015 study includes up-to-date information about the different prescription and over-the-counter pharmacological treatment methods for children with ASD.
- [HelpGuide.org](#): This detailed guide is designed to help parents understand the signs and symptoms, behaviors, effects, and treatment options for ASD in children.
- [Scientific American](#): This article titled ‘The Hidden Potential of Autistic Kids’ looks at certain tendencies — such as strong memories and technological proficiency — that are associated with high-functioning ASD in children.
- [Parents](#): Writer David Royko penned this heartfelt article (titled ‘What It’s Really Like to Raise a Child with Autism’) about his own experiences with his son Ben.

ASD AND SLEEP IN ADULTS

- [Research Autism](#): This guide titled ‘Sleep Problems and Autism’ covers common complaints, risk factors, treatment options, and other information related to people with ASD who are experiencing sleep issues.
- [Musings of an Aspie](#): In a 2012 post titled ‘Wide Awake: Insomnia, Autism and Me’, the author of this long-running blog — a woman in her 40’s previously diagnosed with Asperger syndrome — details her struggles with sleep, as well as some effective solutions she has discovered.
- [Sleep](#): This 2015 journal article discusses common sleep patterns and problems in adults with high-functioning ASD, including more sleep disturbances at night and lower sleep efficiency than people who do not have ASD.
- [Sleep Intervention for Adults with Autism Spectrum Condition](#): Published by a team of researchers at the London-based Royal College of Nursing, this paper outlines the effectiveness in group therapy treatment for adults with ASD.

ASD AND SLEEP IN CHILDREN

- [WebMD](#): This guide to helping children with ASD get a good night’s sleep includes causes and side effects of common sleep disorders, as well as some treatment options and sleep hygiene improvement tips.
- [Spectrum](#): In this comprehensive 2015 report, writer Ingfei Chen explores the medical, psychological, and environmental factors that can cause sleep problems in children with ASD.
- [Autism Treatment Network](#): Learn about some best-practice behavioral interventions for children with ASD and sleep problems with this useful tool kit from the ATN.
- [Journal of Pediatric Neuroscience](#): This 2015 report reviews key 20-year findings related to the assessment, diagnosis, and treatment of children with ASD who are experiencing sleep problems.
- [Sleep and Autism Spectrum Disorders](#): This report published for the 2011 National Autism Conference highlights causes, symptoms, and treatment methods for the most common sleep disorders in children with ASD.

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