



Sleep Information				
Organization	Service Description	Address	Phone Number	Website
<b>Autism Awareness Centre, Inc.</b>	Article titled ' Sleep Baby Sleep: Bedtime Tips for Those with Autism'	56 Sussex Crescent SW, Calgary, AB T2W 0L5, Canada	1-866-724-2224	<a href="https://autismawarenesscentre.com/sleep-baby-sleep/">https://autismawarenesscentre.com/sleep-baby-sleep/</a>
<b>Autism Speaks</b>	ATN/AIR-P Strategies to Improve Sleep in Children with Autism Parent Booklet and Quick Tips	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism">https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism</a>
<b>Autism Speaks</b>	sleep	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/sleep">https://www.autismspeaks.org/sleep</a>
<b>Autism Speaks</b>	ATN/AIR-P Sleep Strategies for Teens with Autism	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/tool-kit/atnair-p-sleep-strategies-teens-autism">https://www.autismspeaks.org/tool-kit/atnair-p-sleep-strategies-teens-autism</a>
<b>Autism Speaks</b>	ATN/AIR-P Melatonin and Sleep Problems: A Guide for Parents	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/tool-kit/atnair-p-melatonin-and-sleep-problems-guide-parents">https://www.autismspeaks.org/tool-kit/atnair-p-melatonin-and-sleep-problems-guide-parents</a>
<b>Harkla</b>	Article titled ' The Ultimate Guide to Improving Sleep in Autistic Children'	n/a	1-844-442-7552	<a href="https://harkla.co/blogs/special-needs/improve-sleep-autism">https://harkla.co/blogs/special-needs/improve-sleep-autism</a>
<b>Interactive Autism Network</b>	Article titled ' Sleep Problems Linked to More Severe Autism Symptoms'	n/a	n/a	<a href="https://iancommunity.org/ssc/sleep-problems-linked-more-severe-autism-symptoms">https://iancommunity.org/ssc/sleep-problems-linked-more-severe-autism-symptoms</a>

<b>Spectrum</b>	Wide awake: Why children with autism struggle with sleep	n/a	n/a	<a href="https://www.spectrumnews.org/features/deep-dive/wide-awake-why-children-with-autism-struggle-with-sleep/">https://www.spectrumnews.org/features/deep-dive/wide-awake-why-children-with-autism-struggle-with-sleep/</a>
<b>Spectrum</b>	Article titled 'Sleep Problems in Autism, explained' Article discusses common problems with sleeping individuals with autism face and suggestions to getting better sleep.	n/a	n/a	<a href="https://www.spectrumnews.org/news/sleep-problems-autism-explained/">https://www.spectrumnews.org/news/sleep-problems-autism-explained/</a>
<b>TACA</b>	Article discusses some causes associated with poor sleep and individuals with autism. Article provides suggestions to strategies that can be used to assist individuals with ASD with sleep.	2222 Martin Street, Suite 140, Irvine, CA 92612	1-855-726-7810	<a href="https://tacanow.org/family-resources/sleep-issues-and-asd/">https://tacanow.org/family-resources/sleep-issues-and-asd/</a>
<b>Verywell Health</b>	Article titled ' The Link Between Autism and Sleep Issues'	n/a	n/a	<a href="https://www.verywellhealth.com/autism-and-sleep-issues-4165825">https://www.verywellhealth.com/autism-and-sleep-issues-4165825</a>
<b>WebMD</b>	Article titled 'Helping Your Child With Autism Get a Good Night's Sleep	n/a	n/a	<a href="https://www.webmd.com/brain/autism/helping-your-child-with-autism-get-a-good-nights-sleep">https://www.webmd.com/brain/autism/helping-your-child-with-autism-get-a-good-nights-sleep</a>

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