



Sleep Information				
Organization	Service Description	Address	Phone Number	Website
Autism Speaks	ATN/AIR-P Strategies to Improve Sleep in Children with Autism Parent Booklet and Quick Tips	n/a	1-888-288-4762	https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism
Autism Speaks	sleep	n/a	1-888-288-4762	https://www.autismspeaks.org/sleep
Autism Speaks	ATN/AIR-P Sleep Strategies for Teens with Autism	n/a	1-888-288-4762	https://www.autismspeaks.org/tool-kit/atnair-p-sleep-strategies-teens-autism
Autism Speaks	ATN/AIR-P Melatonin and Sleep Problems: A Guide for Parents	n/a	1-888-288-4762	https://www.autismspeaks.org/tool-kit/atnair-p-melatonin-and-sleep-problems-guide-parents
Harkla	Article titled ' The Ultimate Guide to Improving Sleep in Autistic Children'	n/a	1-844-932-2122	https://harkla.co/blogs/special-needs/improve-sleep-autism
Kennedy Krieger (formerly known as Interactive Autism Network)	Article titled ' Sleep Problems Linked to More Severe Autism Symptoms'	707 North Broadway, Baltimore, MD 21205	1-888-554-2080	https://iancommunity.org/ssc/sleep-problems-linked-more-severe-autism-symptoms

The Transmitter (formerly known as)Spectrum	Wide awake: Why children with autism struggle with sleep	n/a	n/a	https://www.spectrumnews.org/features/deep-dive/wide-awake-why-children-with-autism-struggle-with-sleep/
The Transmitter (formerly known as)Spectrum	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	https://www.spectrumnews.org/news/sleep-problems-autism-explained/
The Autism Community in Action (TACA)	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.	17752 Sky Park Cir, Ste 140, Irvine, CA 92614	949-640-4401	https://tacanow.org/family-resources/sleep-issues-and-asd/
WebMD	Article titled 'Helping Your Child With Autism Get a Good Night's Sleep	n/a	n/a	https://www.webmd.com/brain/autism/helping-your-child-with-autism-get-a-good-nights-sleep

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