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## Sleep

1. **Sleep better: A Guide to Improving Sleep for Children With Special Needs.**  
Durand, V. Mark, 1998 
2. **Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep.** Mindell, Jodi A., 2005    
3. **Snoring and Sleep Apnea: Sleep Well, Feel Better.**  
Pascualy, Ralph A.; Soest, Sally Warren, 2000      
4. **Guide to Your Child's Sleep: Birth Through Adolescence.**  
American Academy of Pediatrics, 1999   
5. **Solve Your Child's Sleep Problems.**  
Ferber, Richard, 2006     
6. **The No-Cry Sleep Solution For Toddlers and Preschoolers.**  
Pantley, Elizabeth, 2005     
7. **Take Charge of Your Child's Sleep.**  
Owens, Judy A.; Mindell, Jodi, 2005  
8. **The Sleep Book for Tired Parents.**  
Huntley, Rebecca, 1991      
9. **Sleep Foundation.** [www.sleepfoundation.org/](http://www.sleepfoundation.org/) (Follow the "Children & Sleep" link)
10. **Sleep For Kids.** [www.sleepforkids.org/](http://www.sleepforkids.org/)
11. **Calgary Health Region: Sleep & Sleep Disorders.** [www.tinyurl.com/jur9k](http://www.tinyurl.com/jur9k)

Materials can be borrowed through inter-library loan



Family & Community Resource Centre



Calgary Public Library



Brooks



Drayton Valley



Marigold



Red Deer



Cereal



High River



Oyen



Wetaskwin



Didsbury



Lethbridge



Red Cliff

## Disclaimer

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This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

For additional resources or information regarding **Sleep** please call or visit:

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**The Southern Alberta Family &  
Community Resource Centre**

Alberta Children's Hospital  
2888 Shaganappi Trail NW, Calgary, AB T3B 6A8  
Phone: (403) 955-FCRC (3272)

For additional support in child health information needs  
please contact our Child Health Information Specialist at  
Phone: (403) 955-7745, toll free at 1-877-943-FCRC (3272)  
Email: [childhealthinfo@calgaryhealthregion.ca](mailto:childhealthinfo@calgaryhealthregion.ca).

Or you can call:

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**Clinical Resource Nurse**

Alberta Children's Hospital  
Pediatric Sleep Service  
2888 Shaganappi Trail NW, Calgary, AB T3B 6A8  
Phone: (403) 955-7736

## Contributing Partners

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**Alberta Children's Hospital:**  
Pediatric Sleep Service

**Southern Alberta Child & Youth Health Network:**  
Family & Community Resource Centre



All of our Information Prescriptions are available for  
free download at: [www.sacyhn.ca/pages/publications.html](http://www.sacyhn.ca/pages/publications.html)