



Education

Sleep Problems: Resource List

Books for Children

Ages 0-3

- Busy Lizzie; by Holly Berry; North-South Books, 1994
- Goodnight Moon; by Margaret Brown; HarperCollins, 1991
- I Love You, Good Night; by Jon Buller; Little Simon, 2005
- The Animals' Lullaby; by Tom Paxton; Morrow, 1993
- Time For Bed; by Mem Fox; Gulliver, 1997
- Wake Up And Goodnight; by Charlotte Zolotow, Pamela Paparone (illustrator); Harper Collins Publishers, 1998

Ages 2 to 5

- Before I Go To Sleep; by Thomas Hood; Putnam, 1999
- Boats For Bedtime; by Olga Litowinsky; Clarion Books, 1999
- Dreaming: A Countdown To Sleep; by Elaine Greenstein; Scholastic, 2000
- I Don't Want To Sleep Tonight; by Deborah Norville, Golden Books, 1999
- My New Bed: From Crib To Bed; by Jan Berenstain; Random House, 1999
- Papa!; by Philippe Corentin; Chronicle, 1997
- Teach Me About Bedtime: A Special Times Book; by Joy Berry; Gold Star Publ, 2000
- Ten, Nine, Eight; Molly Bang, Econo-Clad Books, 1999
- Wake Up; Sleep Tight; by Ken Wilson-Max; Scholastic, 1998
- When I'm Sleepy; by Jan Howard; Puffin Books, 2000

Ages 4 to 8

- Bedtime For Frances; by Russell Hoban; Econo-Clad Books, 1999
- Best Friends Sleep Over; by Jacqueline Rogers; Scholastic, 1993
- I Am Not Going To Get Up Today!; by Dr. Seuss, James Stevenson (illustrator); Econo-Clad Books, 1999

Books for Adults

- The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family; by James Sears and Martha Sears, et al; Boston, Little, Brown, 2005
 - The Floppy Sleep Game Book: A Four-Week Program for Kids Who Refuse to Snooze; by Patti Teel; Perigee Trade, 2005 (covers children ages 3-10)
 - Give Your Child a Good Night's Sleep: the Complete Guide to Sleep Solutions- from Preschool to High School; by Jodi Mindell and Judith Owens; Marlowe & Co., 2005
 - How To Get Your Baby To Sleep; by William Sears; Little Brown, 2001
 - In Search of Sleep: Straight Talk About Babies, Toddlers, and Night Waking; by Bonny Richert; Sarasota Press, 2001
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- Is My Child Overtired? The Sleep Solution For Raising Happier, Healthier Children; by William Wilkoff; Simon & Schuster, 2000
- Night-Night: Settle-Down Activities for Easy Bedtimes; by Cynthia MacGregor; Gramercy Books, 2003
- Sleeping Like A Baby: A Sensitive and Sensible Approach to Solving Your Child's Sleep Problems; by Avi Sadeh, Yale University Press, 2001
- Take Charge of Your Child's Sleep: the All-in-One Resource for Solving Sleep Problems in Kids and Teens; by Jodi Mindell; Marlowe, 2005
- Teach Your Child to Sleep: Solving Sleep Problems from Newborn Through Childhood; by Millpond Sleep Clinic; Hamlyn, 2005
- The No-Cry Sleep Solution for Toddlers and Preschoolers; by Elizabeth Pantley; McGraw-Hill, 2005

Spanish

- Como evitar el insomnio infantil; by Richard Ferber; Simon & Schuster, 1995

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