

## Sleep Handout

Developmental and Behavioral Pediatrics Online: <http://www.dbpeds.org/index.cfm>

1. Sleep Tips: <http://www.dbpeds.org/articles/detail.cfm?TextID=%2034>
2. Parenting Tips for Better Sleep: <http://www.dbpeds.org/media/sleeptips.pdf>
3. Welcome to the Sleep Medicine Home Page: <http://www.users.cloud9.net/~thorpy/>

Real Psychology: Sleep Hygiene for Babies and Children:

<http://realpsychology.com/content/gps-parents-and-teachers/sleep-hygiene-babies-and-children>