



Sleep and Development: Familial and Socio-Cultural Considerations

Mona El-Sheikh

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Recent estimates indicate that 13% to 27% of children have sleep problems as reported by their parents. Considering the profound impact that disrupted sleep can have on family functioning and processes, it is critical that researchers and clinicians understand how to identify sources and contexts related to sleep disruptions and their consequences. This book is the first to integrate knowledge and approaches from numerous disciplines to focus on the sleep and development of children across adjustment and cognitive domains.

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