



THE SLEEP DISORDERS CENTER OF CENTRAL TEXAS

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CHILDREN AND SLEEP – INTERNET INFORMATION

There is a lot of information on the internet about sleep and sleep disorders. As with most other topics, some sites offer more reliable information than others and some sites have a lot of misinformation. I believe the sites below are trustworthy.

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| Sleep for Kids – Teaching Kids the Importance of Sleep | www.sleepforkids.org |
| Night Terror Resource Center | www.nightterrors.org |
| Sleepnet – Infant and Children’s Sleep | www.sleepnet.com/children2000.html |
| SleepChannel.net – Sleepwalking | www.sleepdisorderchannel.net/sleepwalking |
| National Center on Sleep Disorders Research | www.nhlbi.nih.gov/health/public/sleep/aaw/awake.htm |
| Sleep in Youth page: “Awake at the Wheel” campaign (brochures, teaching guide) - Educating Youth About Sleep and Drowsy Driving | |
| TalkAboutSleep.com - Children and Sleep page | www.talkaboutsleeeep.com/children/ |
| Information, news, current research findings. Message board devoted to children’s sleep disorders. | |
| The Narcolepsy Network | www.narcolepsynetwork.org |
| The National Sleep Foundation | www.sleepfoundation.org |
| The Sleep Disorders Center of Central Texas | www.sleepdoctor.com |

A word of warning: Online support groups and chat rooms sometimes provide very poor information and all postings should be read with some degree of skepticism. Some people claim to have a disorder and report unusual or bizarre symptoms to get sympathy.