



Sleep Information				
Organization	Service Description	Address	Phone Number	Website
Autism Awareness Centre, Inc.	Article titled ' Sleep Baby Sleep: Bedtime Tips for Those with Autism'	56 Sussex Crescent SW, Calgary, AB T2W 0L5, Canada	1-866-724-2224	https://autismawarenesscentre.com/sleep-baby-sleep/
Autism Research Institute	Provides suggestions to assist individuals with autism improve sleep pattern problems.	n/a	833-281-7165	https://www.autism.com/sleep/essness_king
Autism Speaks	ATN/AIR-P Strategies to Improve Sleep in Children with Autism Parent Booklet and Quick Tips	n/a	1-888-288-4762	https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism
Autism Speaks	sleep	n/a	1-888-288-4762	https://www.autismspeaks.org/sleep
Autism Speaks	ATN/AIR-P Sleep Strategies for Teens with Autism	n/a	1-888-288-4762	https://www.autismspeaks.org/tool-kit/atnair-p-sleep-strategies-teens-autism
Autism Speaks	ATN/AIR-P Melatonin and Sleep Problems: A Guide for Parents	n/a	1-888-288-4762	https://www.autismspeaks.org/tool-kit/atnair-p-melatonin-and-sleep-problems-guide-parents
Harkla	Article titled ' The Ultimate Guide to Improving Sleep in Autistic Children'	n/a	1-844-442-7552	https://harkla.co/blogs/special-needs/improve-sleep-autism

Interactive Autism Network	Article titled ' Sleep Problems Linked to More Severe Autism Symptoms'	n/a	n/a	https://iancommunity.org/ssc/sleep-problems-linked-more-severe-autism-symptoms
Sleep Help Institute	Article discusses issues individuals with ASD face with sleep. Article provides statistics, information of why individuals with ASD are more prone to sleep issues, and provides helpful tips to helping a person with ASD develop better sleep patterns.	n/a	n/a	https://www.sleephelp.org/autism-asd/
Spectrum	Wide awake: Why children with autism struggle with sleep	n/a	n/a	https://www.spectrumnews.org/features/deep-dive/wide-awake-why-children-with-autism-struggle-with-sleep/
Spectrum	Article titled 'Sleep Problems in Autism, explained' Article discusses common problems with sleeping individuals with autism face and suggestions to getting better sleep.	n/a	n/a	https://www.spectrumnews.org/news/sleep-problems-autism-explained/
TACA	Article discusses some causes associated with poor sleep and individuals with autism. Article provides suggestions to strategies that can be used to assist individuals with ASD with sleep.	2222 Martin Street, Suite 140, Irvine, CA 92612	1-855-726-7810	https://tacanow.org/family-resources/sleep-issues-and-asd/
Tuck Sleep	Article titled 'Autism Spectrum Disorder (ASD) and Sleep' Provides statistics and information about individuals with autism and sleep issues. Also provides information on possible treatments and sleep management tips.	1414 NE 42nd St, Suite 400, Seattle, WA 98105	206-486-6465	https://www.tuck.com/autism-spectrum-disorder-and-sleep/

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