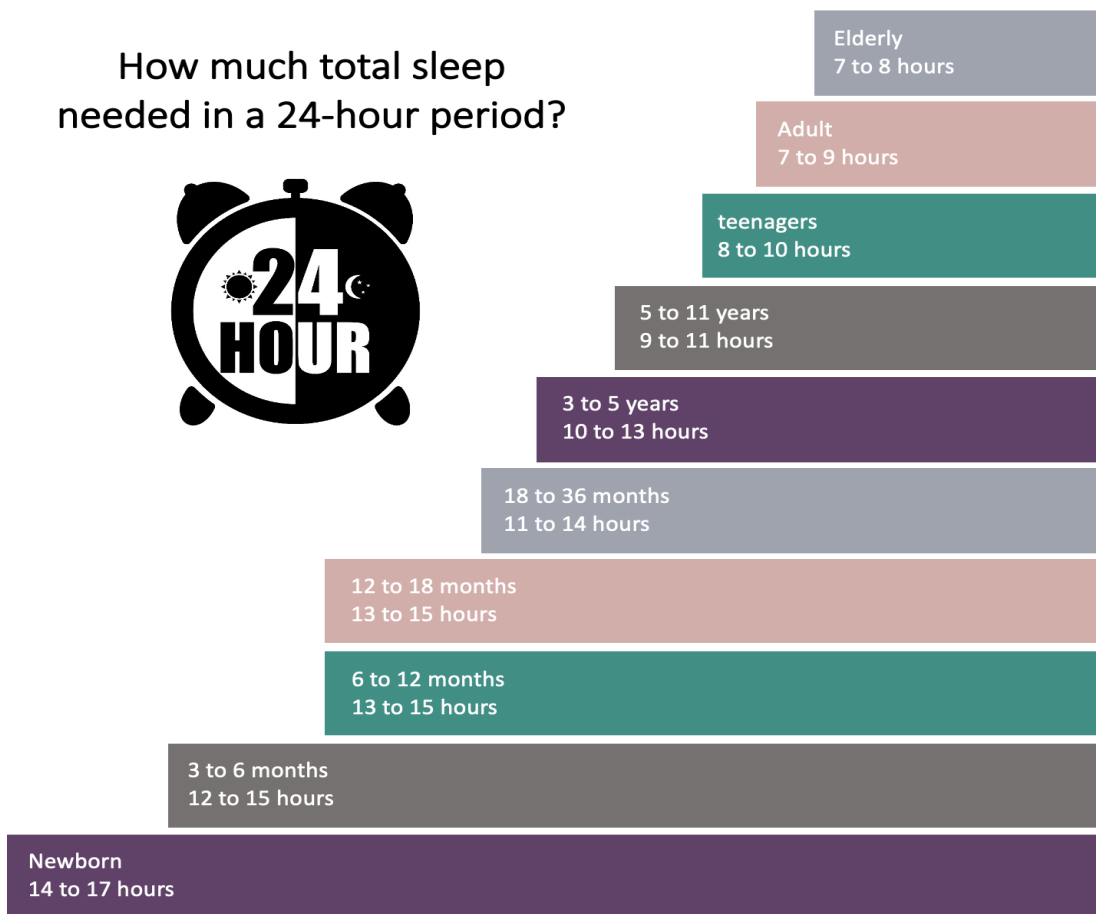




Infant and Toddler Sleep Basics 101

April 6, 2021
Talks on Tuesdays Webinar

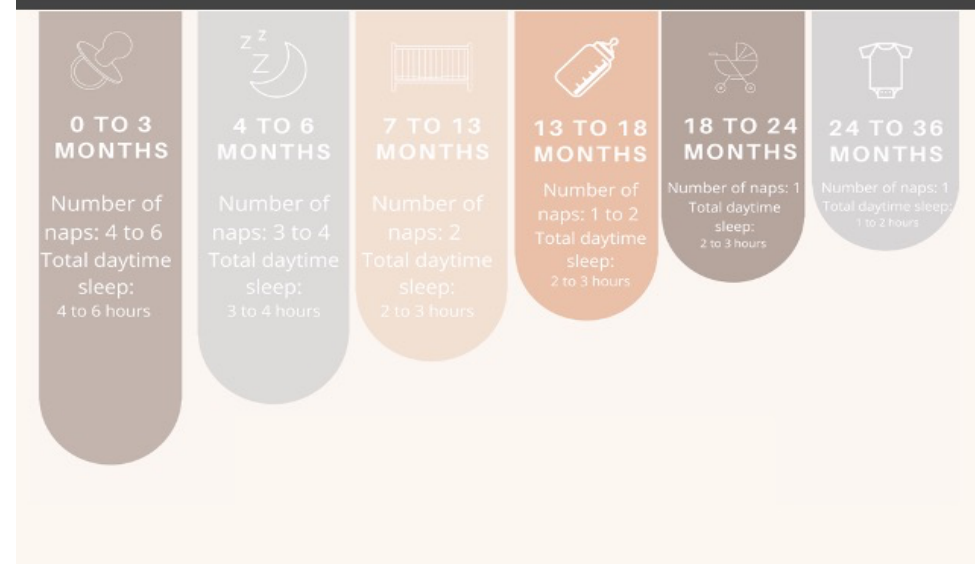
How much total sleep needed in a 24-hour period?



Age Appropriate Wake Windows



Amount of Sleep and Number of Naps



RESOURCE LINKS

<https://www.sleepreviewmag.com/sleep-disorders/movement-disorders/restless-legs-syndrome/autism-sleep-scientists/>

<https://internationalsleep.org/2020/08/04/weighted-blankets-the-low-down/>

<https://www.sleepreviewmag.com/sleep-diagnostics/in-lab-tests/polysomnography/behavioral-treatment-of-sleep-disorders-pediatric-parasomnias/>

<https://www.sleepfoundation.org/nightmares>