

Sleep: Health, Disorders & Chronic Illness Resource Guide

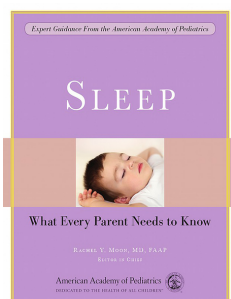
Family Resource Libraries

Karahan Family Resource Library
Children's Health Plano
L1275
469-303-7735

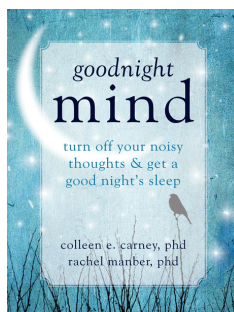
Krissi Holman Family Resource Library
Children's Health Dallas
Health & Leisure - C4205 - 214-456-0222
Children & Teen - C4206 - 214-456-4787

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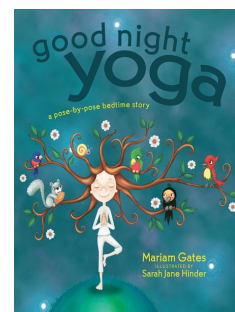
Book Recommendations



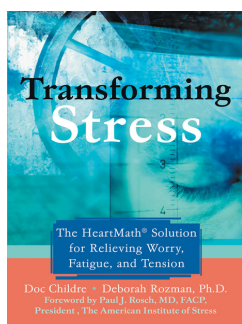
Sleep: What Every Parent Needs to Know
by Rachel Y. Moon



Goodnight Mind
by Colleen C. Carney



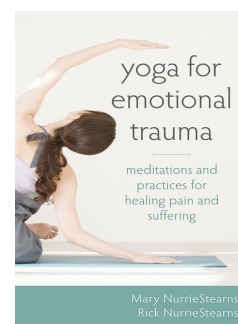
Good Night Yoga
by Miriam Gates



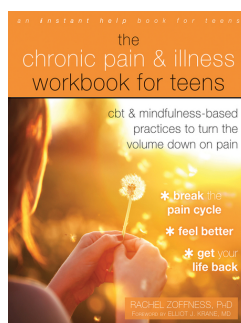
Transforming Stress
by Doc Childre



Breathe Like a Bear
by Kira Willey



Yoga for Emotional Trauma
by Mary & Rick NurrieStearns



The Chronic Pain and Illness Workbook for Teens
by Rachel Zoffnes

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Websites on Sleep: Health, Disorders & Chronic Illness

AASM/ Sleep Education

- sleepeducation.org/sleep-disorders/

ASA - American Sleep Association

- sleepassociation.org/about-sleep/

Kids Health

- kidshealth.org/sleep

Medline Plus

- medlineplus.gov/ency/patientinstructions/sleepandyourhealth
- medlineplus.gov/sleepdisorders
- medlineplus.gov/ency/patientinstructions/changeyoursleephabits
- medlineplus.gov/ency/article/sleepdisorders
- medlineplus.gov/ency/article/irregularsleep-wakesyndrome
- medlineplus.gov/ency/patientinstructions/teenagers-and-sleep
- magazine.medlineplus.gov/article/wake-up-call-how-sleep-impacts-our-minds-and-bodies

NIH - National Center for Complementary and Integrative Health

- nih.gov/health/tips/things-to-know-about-sleep-disorders-and-complementary-health-approaches

NIH - National Heart, Lung, and Blood Institute

- nhlbi.nih.gov/health/sleep-disorder-treatments

If you need any more information about sleep: health, disorders & chronic illness, email fri.libraries@childrens.com.

Sito web en Sueño: salud, trastornos y enfermedades crónicas

AASM/Sueño Saludable

- sleepeducation.org/suenosaludable

KidsHealth

- kidshealth.org/es/sueno

Medline Plus

- medlineplus.gov/spanish/ency/patientinstructions/elsuenoysusalud
- medlineplus.gov/spanish/problemasdelsueno
- medlineplus.gov/spanish/ency/patientinstructions/habitosdesueno
- medlineplus.gov/spanish/ency/article/trastornosdelsueno
- medlineplus.gov/spanish/ency/article/sindrome-de-sueno-y-vigilia-irregulares
- medlineplus.gov/spanish/ency/patientinstructions/los-adolescentes-y-el-sueno
- magazine.medlineplus.gov/es/llamado-de-atencion-como-influye-el-sueno-en-la-mente-y-el-cuerpo

NIH - National Heart, Lung, and Blood Institute

- nhlbi.nih.gov/es/salud/tratamientos-de-los-trastornos-del-sueno

Si necesita más información sobre el sueño: salud trastornos y enfermedades crónicas,
envíe un correo electrónico, fri.libraries@childrens.com.