

# The A to ZZZs of Sleep Training for Individuals with Autism

A Free Workshop Presented by Autism Learning Partners in Collaboration with the Autism Society of Texas

This workshop is designed for families who have children with Autism Spectrum Disorder (ASD) or other related disorders who are facing common challenges related to sleep.

Though the prevalence of sleep problems among children with ASD varies, 50–80% of these children experience sleep-related difficulties compared to only 25% of their typically developing peers (Kotagal & Broomall, 2012).

These challenges include problems falling or staying asleep, lack of following nighttime routines, and problem behavior which occurs after saying goodnight, which interferes with sleep onset.

This workshop will provide information about common sleep problems and discuss strategies based on the principles of Applied Behavior Analysis (ABA) to increase appropriate sleep behavior.

**Saturday, July 20<sup>th</sup>**  
**10:30 AM – 12:00 PM**

Austin Public Library  
Old Quarry Branch  
7051 Village Center Dr.  
Austin, TX 78731

Join Associate Clinical Director, **Nina Carmichael, MA, BCBA, LBA**, for a discussion about sleep training for individuals with autism. We'll talk about best practices, discuss available treatment options, and have a Q & A session for all participants.

- Free Parking
- Refreshments Provided
- Free Raffle for Attendees: Open Play pass to We Rock the Spectrum Gym

## Contact Us

RSVP by Phone or Online

(818) 241-6780 Ext. 565

<https://autismlearningpartners.com/texas-workshops/>

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Improving the Lives of All Affected by Autism

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