



## Sleep: What Every Parent Needs to Know

*The American Academy of Pediatrics*

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## **Sleep: What Every Parent Needs to Know** The American Academy of Pediatrics

Sooner or later, most parents face challenges at bedtime. From infants and toddlers, to school-age kids and adolescents, sleeptime problems can affect everyone in the family. And no matter what your child's difficulty may be – getting to sleep, staying asleep, bed-wetting, fears or nightmares – it's never too late to take steps to correct it.

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