



Autism Sleep Consultation Clinic

Does your child have trouble **falling asleep, sleeping through the night, or sleeping in his/her own bed?**

The UW Autism Center is offering a three-visit medical and behavioral consultation for families of children under 18 years old with an autism spectrum disorder (ASD) and co-occurring sleep concerns.



In the Autism Sleep Consultation Clinic, you and your child will meet with medical and behavioral autism specialists to explore environmental, behavioral, and medical influences that may be contributing to your child's sleep difficulties. You will then receive individualized recommendations for improving sleep in your household. In some cases, further outside evaluation may be needed. Sessions include:

- Session 1: Intake regarding sleep concerns and related history
- Session 2: Recommendations and development of individualized sleep plan
- Session 3: Follow up and additional recommendations

For more information or to schedule an appointment, please contact the UW Autism Center Intake Coordinator at 206.221.6806.