



## **An Occupational Therapist's Guide to Sleep and Sleep Problems**

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# An Occupational Therapist's Guide to Sleep and Sleep Problems

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The first book written specifically on clinical applications of sleep and sleep disorder theory for occupational therapists, this book bridges the research to practice gap. Contributors share their expertise, exploring topics such as the relationship between mental health and sleep; how sleep is affected by age, or by specific conditions such as dementia or autism; and how occupational therapists can use their skills and training to improve sleep quality in patients who are suffering from pain, or trauma.

This timely book is essential reading for occupational therapists and students of occupational therapy, covering all of the aspects of sleep and sleep disorders that they will find useful for practice.

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