

# Sleep Disturbances in Autism Spectrum Disorder (ASD)

## Sleep disturbances

Children may go days without any apparent need to sleep. They may not seem to notice a difference between day and night. They also may have difficulty going to sleep and staying asleep. It is possible they may only sleep for brief periods of an hour or two maximum.



Source: *Help Autism Now*, at [www.helpautismnow.com](http://www.helpautismnow.com)