Causes of Insomnia in Children with ASDs

Neurobiological (e.g., synaptic transmission deficiency, metabolism)
- GABA
- Melatonin

Behavioral
- Inadequate sleep hygiene
- Inappropriate sleep-onset association
- Improper limit-setting

Coexisting neurologic disorders (e.g., epilepsy)

Coexisting medical disorders (e.g., gastrointestinal, gastroesophageal reflux disease)

Coexisting psychiatric disorder (e.g., anxiety)

Food and medications (e.g., caffeine, corticosteroids, bronchodilators)

Other sleep disorders
- Obstructive sleep apnea
- Restless leg syndrome
- Periodic limb movements of sleep
- Delayed sleep-phase disorder
- Irregular sleep-wake rhythm