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