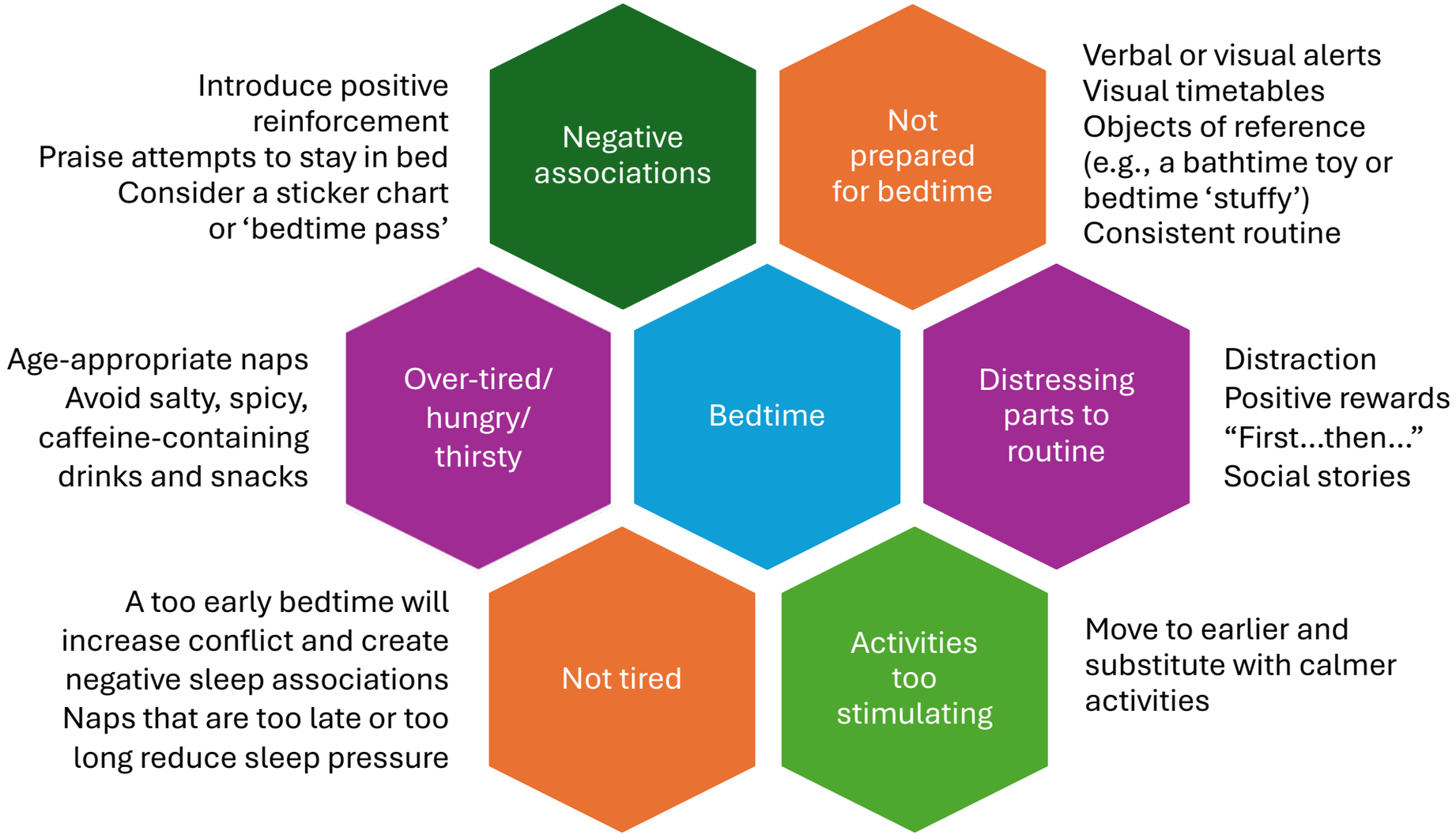

Source: Sleep matters: Supporting healthy sleep for children and youth with neurodevelopmental disabilities (NDDs). © Canadian Paediatric Society, 2025. Also available at www.cps.ca