

FEATURES, MULTIMEDIA, SPECIAL REPORT SUBARTICLE

What's the connection between autism and sleep?

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20 JANUARY 2020

For many people with autism, a good night's sleep is an elusive thing. As much as 86 percent of children on the spectrum **experience disrupted sleep**, which can leave them feeling out of sync with the rest of the world. This video explores the connection between autism and sleep, and offers steps autistic people can take to feel more rested.