

# EFFECT OF TRAINING PROGRAM IN TREATING SLEEPING PROBLEMS OF AUTISTIC CHILDREN

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***Abstract\_** The study aimed at designing a training program for treating sleeping problems of autistic children. The sample of study consisted of (20) mothers of autistic children enrolled in specialized centers for autism in Amman for the second semester (2011-2012). To achieve the objectives of the study a researcher has designed a training program and used to measure the problems of sleeping and consisted of (22) sections. The method of measuring is reliable and considered stable for it was used as a pre-post test. Its implementation lasted about three months with an average of three hours daily. The results of the training program showed an available solution for decreasing problems of sleeping in autistic children. The results also showed that the effect of the training program could increase the sleeping hours of the autistic children. However, the results did not particularly show effects of impacting the participating mothers' educational level.*

***Keywords:** autistic children mothers, autistic children, training program, Measure of sleep problems.*