



**Healthy Weight
Research Network**

**Children with
Autism Spectrum Disorder
& Developmental Disabilities**

FREE WEBINAR

Understanding the Links Between Feeding and Sleep Problems in Children on the Autism Spectrum

Wednesday, April 1, 2026

1:00 - 2:00 PM EST

This webinar will examine the complex interplay between feeding difficulties and sleep disturbances in young children with autism spectrum disorder (ASD). Both feeding and sleep problems are highly prevalent in this population, with estimates ranging from 50% to 90%, depending on sample characteristics, assessment methods, and other factors. These challenges often co-occur and may influence growth, metabolic health, and developmental outcomes. The presentation will review common phenotypes of sleep and feeding problems in ASD, explore potential shared mechanisms, and discuss implications for clinical practice and research.

Learning Objectives

1. Identify common sleep disturbances in children with ASD and their clinical significance
2. Describe prevalent feeding challenges in children with ASD and associated health risks
3. Analyze the intersection between feeding and sleep problems
4. Briefly discuss an ongoing intervention targeting sleep disturbance in children with ASD

SPEAKER:

Megan Wenzell (Alder), PhD, RN

Assistant Professor

Frances Payne Bolton School of Nursing, Case Western Reserve University



TO REGISTER:

https://bit.ly/HWRN_Webinar_Megan_Wenzell

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