

Better Nights  
Better Days

During  
COVID-19

## SLEEP IS IMPORTANT DURING COVID-19

Go from surviving to thriving by  
improving your child's sleep

Insomnia is categorized by:



Resisting  
bedtime



Trouble  
Falling Sleep



Night  
Awakenings



Waking too  
Early



Sound familiar?  
Consider  
participating in our  
sleep study!

Even a little sleep loss can lead to big problems.  
It can make it harder for your child to:

- learn
- control their emotions
- control their behaviour
- be physically active
- make healthy eating choices
- play safely



**Better Nights, Better Days**  
is an online program that provides  
accessible, evidence-based treatment  
for children ages 1-10 years old



### Distance Treatment Program

The online program is fully accessible  
from computers, laptops, tablets or  
smartphones



### Save Time and Money

All information and materials are provided  
online – no need to travel to appointments!



### Support from Start to Finish

Built-in support and program tools will  
guide and motivate you as you  
complete the program



### Empower Parents

The program is designed to empower  
you to improve your child's sleep on your  
own. You can rest assured that the  
information and support you require is at  
your fingertips

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[betternightsbetterdays.ca/covid-19b](http://betternightsbetterdays.ca/covid-19b)

Contact Us!



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