

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

bnbd.participat@dal.ca
betternightsbetterdays.ca/covid-19

Contact Us!

