

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!



DALHOUSIE
UNIVERSITY



<https://betternightsbetterdays.ca/covid-19>
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