

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:



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](mailto:bnbd.participat@dal.ca)  
[betternightsbetterdays.ca/covid-19b](https://betternightsbetterdays.ca/covid-19b)

Contact Us!

