

# Experts launch online child-sleep improvement tool for parents

2 November 2016

**Better Nights Better Days**  
Bonnes nuits Jours meilleurs

**25% OF CANADIAN CHILDREN EXPERIENCE INSOMNIA**

Insomnia is categorized by:

- Resisting bedtime
- Trouble falling sleep
- Night Awakenings
- Waking too Early

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

Sound familiar? Consider participating in our sleep study!

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

- Distraction Treatment Program**  
The online program is fully accessible from computers, laptops, tablets or smartphones
- Support from Start to Finish**  
Built-in support and program tools will guide and motivate you as you complete the program
- Save Time and Money**  
All information and materials are provided online – no need to travel to appointments!
- 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.participate@dal.ca  
www.betternightsbetterdays.ca

Contact Us!

DALHOUSIE UNIVERSITY, UBC, UTSR, UNIVERSITY OF CALGARY, UNIVERSITY OF TORONTO, Université de Montréal, ALBERTA, McGill, Western

The whole program takes about a month to complete and can be accessed from any web-enabled device.

"Research tells us that as many as three out of 10 children in industrialized countries—and 25 per cent of Canadian children—experience sleep issues. That's highly concerning because studies show even a small amount of [sleep loss](#) is associated with behavioural difficulties or learning disabilities," said Hall, a member of both the Canadian Sleep Society and the American Academy for Sleep Medicine.

Sleep deprivation also affects parents' quality of life, Hall added. In families where the children aren't sleeping or sleeping well, the parents are often tired and mentally and physically stressed.

Research out of the Children's Hospital of Philadelphia and University of Michigan suggests that only two per cent of children with a sleep problem who had primary care checkups received any sleep-related recommendation from their care providers, said Hall.

"Addressed early on, parents can break the cycle of [poor sleep](#) and help their children achieve good health habits to carry into adulthood. But it's not always convenient or even possible for parents to get their children into behavioural treatment programs," said Hall. "With Better Nights, Better Days, families have easy access to sleep support that can complement clinical and other resources that they may choose to access."

Credit: University of British Columbia

Parents of children who don't sleep well have a new resource to help them develop better sleep habits and routines for their child.

Called Better Nights, Better Days, the online program was created by UBC nursing professor Wendy Hall working with a team of sleep experts from other universities. It includes a module on the elements of [healthy sleep](#), common sleep problems, a sleep diary, and other methods to help children develop better sleeping habits.

Provided by University of British Columbia

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