

Sleep Management

Websites

Here to Help

heretohelp.bc.ca/skills/module6

Free downloadable sleep resource with top sleep hygiene tips for youth and young adults. Also provides information on the link between sleep and mental health.

KidsHealth

kidshealth.org/parent/general/sleep/sleep.html

Information on child health and development, and offers insight into sleep management tools for parents, infants, children, and youth.

Lucille Packard Children's Hospital at Stanford

lpch.org/DiseaseHealthInfo/HealthLibrary/growth/infab.html

Provides information on regular sleep patterns for infants as well as tips and tools for helping babies sleep and signs of potential sleep problems.

National Sleep Foundation

sleepfoundation.org/articles/sleep-topics

Provides links to various topics relating to sleep relevant for children, youth, and adults. Contains information on sleep disorders and how sleep works, as well as videos regarding a variety of topics.

Sleep, Getting Enough?

sfu.ca/students/health/apps/sleep--getting-enough-/home.html

A resource provided by the health promotion team at SFU and offers information on the basics of sleep, tips for getting better sleep, and an online sleep diary targeted at youth and young adults in school.

Sleep for Kids

<http://www.sleepforkids.org/>

An interactive website for children with games and activities related to sleep. Also teaches children the importance of sleep.

Toolkits

Healthy Living Toolkits for Families

keltymentalhealth.ca/sites/default/files/toolkit_for_families_-_module4_-_sleep.pdf

Provides tips and activities to ensure children and youth are getting a good night's sleep.

Interactive Bedtime Routine

keltymentalhealth.ca/healthy-living/bedtime-routine

Helps children and parents develop a more structured bedtime routine. Can also print off a customized routine. Requires Internet Explorer 8 or higher.

The Good Night, Sleep Tight Workbook

Kim West and Maura Rhodes | Eastern Studio Press | Search through Google Books

Provides guidance through a two-week technique designed to give parents tools to overcome common challenges faced by children struggling to sleep.

Books & Videos

Be the boss of your sleep: Self-care for kids (2007)

Timothy Culbert & Rebecca Kajander | FSRC

Helps kids learn self-care tips that will help them fall asleep faster, stay asleep, and deal with fears and discomfort so they can feel well-rested and energized every day. For children ages 9-12.

Sleep solutions for your baby, toddler and preschooler (2006)

Ann Douglas | FSRC

Customized sleep solutions that take parenting style and child's temperament into account, and discusses some hot button topics related to sleep.

What to do when you dread your bed: A kid's guide to overcoming problems with sleep (2008)

Dawn Huebner & Bonnie Matthews | FSRC

An illustrated book that helps guide parents and children with techniques to treat problems with sleep. An interactive book that helps children learn the skills to fall asleep and stay asleep. For children ages 6-12.

FSRC: Family Support & Resource Centre at BC Children's Hospital. If this is not within your area, you can request the item through the mail at no charge.

Tel: 604-875-2345 ext. 5102 | Website: bcchildrens.ca/frl

VPL: Vancouver Public Library. If this is not within your area, you can request the item through your local library.

Tel: 604-331-3603 | Website: vpl.ca

Support Services

Kelty Mental Health Resource Centre

Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use challenges. In addition, the centre offers resources on eating disorders for all ages. Peer support is available for youth, parents of children with mental health or substance use challenges, as well as individuals of any age struggling with an eating disorder.

HealthLink BC

811 | healthlinkbc.ca

You can find a sleep clinic in your area through the 'Services and Resources' tab. You can also call 811 for assistance.