

Scaling-out **Better Nights, Better Days** to help children and families go from surviving to thriving during COVID-19

Better Nights, Better Days is an evidence-based eHealth program to support parents of typically developing children ages 1-10 years old who experience sleeping problems including difficulties falling asleep, staying asleep, and waking too early.



The national team of investigators are conducting this study to understand if *Better Nights, Better Days* improves the sleep, mental health, wellbeing, and family resiliency in children and parents during the COVID-19 pandemic, and test how to scale-out the *Better Nights, Better Days* program to support families across Canada.

We are recruiting 1000 families of children who experience sleeping problems to test the clinical effectiveness of *Better Nights, Better Days* during COVID-19 and evaluate the implementation of the program to scale-out *Better Nights, Better Days* across Canada. There is no cost for families to participate.

Please share this information with families who you feel may benefit from participating.

Inclusion Criteria

- Parent of a child is between the ages of 1 and 10 years old
- Family resides in Canada
- Parent has regular access to high-speed internet and email
- Parent can read, write, and understand English
- Child experiences behavioural sleep difficulties (i.e., problems falling asleep or falling asleep independently; problems following bedtime routines or bedtime resistance; problems staying asleep)

Contact Information

Facebook: <https://www.facebook.com/betternightsdays/>

Twitter: <https://twitter.com/betternightsday>

Email: bnbd.participate@dal.ca

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

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