

## Sleep Management

### Websites

**Here to Help** <http://www.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.

**Kids Health** <http://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.

**Lucile Packard Children's Hospital at Stanford**

<http://www.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** <http://www.sleepfoundation.org/articles/sleep-topics>

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

**Sleep, Getting Enough?** <http://cgi.sfu.ca/~hcswel/cgi-bin/Sleep/index.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 and teaches children the importance of sleep.

### Toolkits

**Healthy Living Toolkits for Families** <http://keltymentalhealth.ca/healthy-living/stress>

Go to Healthy Living Toolkits and click on Module 6 for Getting a Good Nights Sleep.

**The Good Night, Sleep Tight Workbook:** Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy (2010)

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 and Rebecca Kajander | Available at FSRC - ISBN 1575422557

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 | Available at 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 and Bonnie Mathews | Available at FSRC - ISBN 9781433803185

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: [www.bcchildrens.ca/frl](http://www.bcchildrens.ca/frl)*

## Support Services

### **Kelty Mental Health Resource Centre**

(604) 875-2084 ▪ 1-800-665-1822 ▪ <http://keltymentalhealth.ca>

A provincial information centre that helps BC children, youth and their families find resources dealing with mental health and substance use issues.

### **Health Link BC**

811 ▪ <http://www.healthlinkbc.ca>

You can find a sleep clinic in your area through the 'Find Services' section. You can also call 811 for assistance.