

Better Nights
Better Days

for Children with
Neurodevelopmental
Disorders

~90% of children with
Neurodevelopmental Disorders
experience Insomnia

Insomnia is categorized by:

Resisting
bedtime



Trouble
falling asleep



Night
awakenings



Waking too early
in the morning



Sound familiar?
Consider
participating
in our study!

Even a little sleep loss can lead to big problems.
It can make it harder for your child to:



control their behaviour



control their emotions



play safely



be physically active



make healthy eating choices



learn

Better Nights, Better Days for Children with Neurodevelopmental Disorders

An online program that provides accessible, evidence-based treatment tailored for children ages 4-10 years old with Attention Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), and Fetal Alcohol Spectrum Disorder (FASD)



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!



The Latest Research

Using evidence-based research and best clinical practice, the program has been developed by a team of leading health experts across Canada



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



Transdiagnostic Approach

Specifically developed to meet the unique needs of children with ADHD, ASD, CP and FASD

bnbd-ndd@dal.ca

www.ndd.betternightsbetterdays.ca

Contact Us!

