

~Sleep Right~

Resources to help youth with chronic health conditions get a better night's sleep

January 2012

We are pleased to announce this new evidence-based website. The Sleep Right website was designed to:

- ✓ raise awareness about the negative impact of sleep deficits on children's health and well-being, and
- ✓ provide background and treatment information based on a detailed review of existing research about non-drug sleep interventions

www.SleepRight.ualberta.ca

Our team of researchers at the University of Alberta and Concordia University College developed this website because **SLEEP MATTERS**.

Sleep problems can increase the risk of developing many chronic health problems. Where health problems already exist, poor sleep can worsen the condition. In other words, poor sleep contributes to poor health and, vice versa, health problems can often result in poor sleep. Sleep is a serious problem for youth and in 2010 the American National Sleep Foundation made this the focus of their yearly sleep awareness campaign.

Although evidence for a range of effective non-drug sleep interventions for youth exists, public and healthcare provider awareness is low. This website is a resource to help address the need for evidence-based information on sleep problems and what we can do about them.

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Funding support provided by the Health Research Transfer Network of Alberta (RTNA) and Alberta Innovates Health Solutions.

