



Info Rx

Sleep Problems for Kids & Teens

Children often have difficulty either falling asleep or staying asleep. Below is a list of resources that can be helpful for parents dealing with these problems.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f370a8461d1dc0012b1e589>



FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/sleep-problems/>



MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Search for "Sleep Children" in the search bar to find relevant articles.

<https://myhealth.alberta.ca/>



About Kids Health

The Hospital for Sick Children in Toronto, Ontario created this information page about sleep. You can also search for the terms: sleeping problems, night terrors, sleep tips for children and teens, and obstructive sleep apnea.

<https://www.aboutkidshealth.ca/Sleep>



NHS

The UK's National Health Service (NHS) created this page "Common Sleep Problems in Children" to provide parents with some tips on how to get children to sleep through the night.

<https://www.nhs.uk/conditions/baby/health/sleep-and-young-children/#close>



National Sleep Foundation

The National Sleep Foundation has a lot of information about sleep and sleep disorders, including children's sleep.

<https://www.sleepfoundation.org/>



Sleep for Kids

The National Sleep Foundation provides information for children aged 7 to 10, their parents, and their teachers about the importance of sleep, sleep disorders, and tips for getting a good night's sleep.



<https://sleepforkids.org/>

Kids Health

Nemours created this information page for parents about kids/teens and sleep. It links to other pages about sleep and sleep problems for parents, kids, and teens

<https://kidshealth.org/en/parents/sleep.html>



Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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