

Sleep Resources

Websites:

Sleep On It Canada

<https://sleeponitcanada.ca/>

Sleepwell (Dalhousie University)

<https://mysleepwell.ca/>

Canadian Sleep Society – Société Canadienne du Sommeil

<https://css-scs.ca/>

Canadian Sleep & Circadian Network

<https://www.cscnweb.ca/>

National Sleep Foundation

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

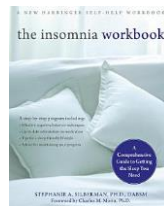
American Academy of Sleep Medicine – Sleep Education

<https://sleepeducation.org/>

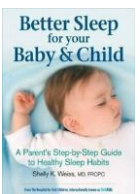
Books:



Sink into Sleep: A Step-by-Step Workbook for Insomnia
by Judith R. Davidson, Ph.D



The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need
by Stephanie Silberman, Ph.D, DABSM



Better Sleep for Your Baby & Child: A Parent's Step-by-Step Guide to Healthy Sleep Habits
by Dr. Shelly K. Weiss, MD, FRCPC



Take a Nap! Change Your Life.
by Sara C. Mednick, Ph.D with Mark Ehrman

Applications/Technology:

Blue Light Filter for computer screens

f.lux

<https://justgetflux.com/>

Sleep CBT-I app

CBT-i Coach



Mindfulness & Meditation apps

Calm



Headspace



Sleep Clinics in Southern Alberta

Centre for Sleep & Human Performance

<https://centreforsleep.com/>

Canadian Sleep Consultants

<https://www.sleepconsultants.ca/>

MedSleep

<https://medsleep.com/>

Foothills Medical Centre Sleep Centre

Physician Referral Required

Alberta Children's Hospital Sleep Centre

Physician Referral Required

Chinook Regional Hospital Sleep Centre

Physician Referral Required