

# Sleep for Children

## Video

<https://www.youtube.com/watch?v=FpReboLZFx8>

This is a Sesame Street video with the song “Everybody sleeps.”

<https://www.youtube.com/watch?v=5BDVvB7Xx1w>

Andrea Bocelli sings Elmo to sleep.

<https://www.youtube.com/watch?v=Jc20vMz0V7Q>

Sesame Street: Celebrity lullabies with Ricky Gervais. It won't help your child fall asleep but it does underline the importance of creating a calm environment at bedtime.

## Text

<http://www.heartandstroke.ca/articles/how-circadian-rhythms-affect-heart-attack-recovery>

This is a short article by The Heart and Stroke Foundation about children and sleep.

[http://www.mentalhealthcanada.com/article\\_detail.asp?lang=e&id=28](http://www.mentalhealthcanada.com/article_detail.asp?lang=e&id=28)

Understanding Sleep by mentalhealthcanada.com

[http://www.caringforkids.cps.ca/handouts/healthy\\_sleep\\_for\\_your\\_baby\\_and\\_child](http://www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child)

Healthy Sleep for your Baby and Child - Canadian Paediatric Society (Caring for Kids)

<http://www.sleepforkids.org/html/sheet.html>

Information about Children's Sleep for Parents and Teachers

<http://www.cheo.on.ca/en/Sleep-Youth>

CHEO - Sleep for youth (many helpful tips which are applicable to younger children as well)

