

Are you 14–18 years old?

Do you experience symptoms of insomnia?

(for example, trouble falling asleep, staying asleep or not getting enough sleep?)

Do you experience recurrent pain?

(for example, headaches, muscle pain, stomach pain)



Corkum LABS at Dalhousie University has created an online program just for you! **Better Nights, Better Days-Youth** has been designed to help you learn more about your sleep & provide you with strategies you can use to improve your sleep (and perhaps your day-to-day life).

You could be **one of the first** to use our new program by participating in this study! You will be asked to track your sleep and provide your feedback & ideas while completing the program online from the comfort of your own home!



You can earn up to **\$60 in amazon.ca gift cards** while working on improving your sleep.

Want to participate? Visit **tinyurl.com/BNBD-youth** to get started

If you have any questions, contact: **bnbd-youth@dal.ca**

