



LifeWorks (Advice to fit your life.)

April feature – Parenting & Sleep?

“Bedtime: The perfect time for kids to ask questions, request food, require additional bathroom breaks, and need a new nightlight.” - Anonymous

Does this definition describe perfectly the typical bedtime scene in your home? Have you tried multiple methods to help your children go to sleep, but bedtime is still the most dreaded event of the day? If “musical beds,” checking for monsters, bad dreams, or nap refusals have become the norm -- or if you’re the parent of a new baby -- sleep deficiency may be taking a toll on your family’s well-being. **LifeWorks** can help!

If you, your kids, or your loved ones are struggling to get the shut-eye you need to thrive, contact **LifeWorks** any time, 24/7, to connect with a consultant for sleep health support and resources.

You can also visit www.lifeworks.com to listen to a **NEW podcast**, [Helping Your Child Get a Good Night’s Sleep](#). Child development experts Julie Wright and Heather Turgeon, authors of *The Happy Sleeper*, provide tips to help children fall asleep independently, sleep through the night, and take healthy naps. Or, go online to the program website to access sleep-related educational materials. (You will need to log in the first time you click on a hyperlink.)

- Recordings: [Sleep Well: Proven techniques for getting a good night’s sleep](#), [Get a Good Night’s Sleep](#)
- Booklets and articles: [The Little Book of Sleep: A Story for 6 to 60 Year-Olds](#), [How Much Sleep is Enough: Sleep Patterns Through Life](#), [Sleep and Bedtime Routines for Infants](#), [Sleep and Bedtime Routines for Older Babies and Young Toddlers](#), [Ten Tips for Getting a Good Night’s Sleep](#)
- A new [Sleep Well Kit](#), featuring a variety of sleep-related resources

Remember: Sleep is essential to the physical and emotional health of children and adults alike; it isn’t a luxury. Goodnight, sleep tight, and good luck!

Call LifeWorks to speak to a caring consultant any time at 1-877-207-8833. TTY: 1-877-371-9978

You can also visit www.lifeworks.com or access via Ceridian LifeWorks Mobile.

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