



Welcome to...

Dream a Little Dream Sleep Academy

Newborn Sleep Packages

In these packages we will learn basic fundamentals by setting in place some healthy sleep habits that will make meeting your baby's milestone much easier. I will teach you the fundamentals of baby sleep and how important it is for the entire family to get a good night's rest.

LETS GET SOME REST!

Here Are Some Questions We Will Cover During Sleep Training For Newborns:

- Why is my baby waking up every time they are laid down?
- How do I get my newborn to sleep without being held?
- Why does my newborn only sleep while being held?
- How do I get my newborn to sleep in their crib?

Here's What to Expect

1

LET'S CONNECT

We will start with a 15 minute discovery call to discuss your family's sleep struggles in more detail. I will be there to answer any questions that you have about my sleep training packages so that you can get to know me and decide whether or not I am a good fit for you and your family. It's important for me that we communicate from the very start, so that I can best personalize your baby's sleep plan going forward.

2

TELL ME ABOUT YOUR FAMILY

Once you decide on a sleep package, I'll send you a more in-depth questionnaire so I can get to know you all a little bit better and develop a detailed sleep plan for your family.

3

LET'S PERSONALIZE YOUR PLAN

Here we will schedule a 30 minute consultation to go over the plans and details and modify anything if needed..... Then your family's sleep journey begins!

4

ON-GOING SUPPORT

All packages* come with:

- One-on-one coaching through your first day of family sleep training.
- Video chat or in-home visit on your first night of sleep training
- Daily email support - each morning or evening (all other emails will be replied to in 24 hours)
- Video support for clients out of the area.

*Do It Yourself package does not have any support included, however you may purchase add-ons if needed

Newborn Sleep Packages

\$99

30 minutes of telephone support

\$150

Do It Yourself sleep package

I write you a custom sleep plan for your child and you and your family do it yourself without any support from myself or my staff.

\$399

Virtual Sleep Support
10-day sleep training package

Custom sleep plan for your child

On the first night you get one-on-one support via video chat or email.
Daily check-in's (morning or evening) via email to go over daily sleep log and any questions or concerns you may have.

\$499

In-Home Sleep Support (for families in the Anchorage Area)
10-day sleep training package

Custom sleep plan for your child

On the first night you get in-home help (6pm-9pm). Daily check-in's (morning or evening) via email to go over daily sleep log and any questions or concerns you may have.

\$699

Platinum In-Home Sleep Support (for families in the Anchorage Area)
10-day sleep training package

3 nights in-home help (6pm-9pm). 7 nights virtual support, if needed (6pm-9pm).
For the first three nights, I will be in your home to help you all navigate your new skills.
Daily check-in's (morning or evening) via email to go over daily sleep log and any questions or concerns you may have.

See last page for add-on options if additional support is needed.

Sleep Package Add-Ons

Options below can be added at any time during our time together. Half night and full night support need prior notice.

IN-HOME SUPPORT

Add-Ons:

- Bedtime Support:
One Time 6pm-9pm
additional \$199
- Half Night Support
One Time 6pm-12pm
additional \$399
- Full Night Support
One Time 6pm-6am
additional \$799

VIRTUAL SUPPORT

Add-Ons:

- Bedtime Support:
One Time 6pm-9pm
additional \$199
- Half Night Support
One Time 6pm-12pm
additional \$399
- Full Night Support
One Time 6pm-6am
additional \$799