

Sleep service

Self-funded packages



Bronze | £99

Online **1:1 consultation** with a specialist sleep practitioner, lasting up to 45 minutes.

Verbal **advice provided** along with an email summary of advice. Optional 30 minute follow ups can be provided at £40 each.

Silver | £149

Online **1:1 consultation** with a specialist sleep practitioner, lasting up to one hour.

Written **advice letter** outlining a bedtime routine and tips to try. General **sleep resource pack** posted to your family. Optional 30 minute follow ups can be provided at £40 each.

Gold | £299

Online **1:1 full sleep assessment** with a specialist sleep practitioner, lasting up to one hour.

Bespoke **sleep plan** provided.

Bespoke **sleep resources** provided, themed on your child's interests.

Up to 2 x 30-minute **follow ups** to check on progress and make further suggestions. Optional 30 minute follow ups can be provided at £40 each.

Disclaimer

With numerous studies, surveys, professional approaches and expert opinions around sleep, there can be conflicting messages around the best ways to support sleep.

All the approaches and methods we use are aligned with the best practices recommended by the **NHS (UK)** and other leading sleep organisations and researchers.

Whilst there are common sleep issues and strategies that may support the sleep of most babies and children, we also acknowledge there are different parenting and professional styles that may favour one approach over another. There is no single solution that will suit everyone.

Our specialist sleep practitioners will provide you with a bespoke sleep plan and resources to support you to support your child's sleep. When you implement the sleep plan consistently each night, we would expect you to see positive changes in your child's sleep. However, sleep is not an exact science and review appointments may be key in ensuring the plan is a good fit for your child and family.

Recommendations are evidence based and are not a substitute for medical advice or parental choices and responsibilities.