



Welcome to

THE MUM WHO SLEEPS

MUM WHO
— sleeps

Establishing **HEALTHY SLEEP HABITS**

My mission is to guide and educate families in building essential sleep patterns for babies and infants; recognising that healthy habits are the foundation of restful sleep.



MUM WHO
— sleeps

Improving **SLEEP QUALITY**

I'm dedicated to transforming the sleep of children currently experiencing sleep challenges; ensuring improvements in the quality of their sleep through my expert guidance and support.



MUM WHO
— sleeps

Creating **HAPPIER FAMILIES**

Through the power of better sleep, I aim to improve the overall well-being of families; empowering them to navigate each day with energy, resilience, and increased happiness.



MUM WHO
— *sleeps*

Meet Sheree

Hey there, I'm Sheree! I'm a mum in my late thirties, and I hit the baby jackpot with not one, not two, but **THREE** bundles of joy. My little world is filled with endless giggles and excitement thanks to my 2-year-old twin boys, Isaiah and Archie, and my spunky 3-year-old girl, Elliot. And let's not forget about my partner in crime, Bohan, and our furry friend, Echo, the Kelpie, with a non-stop zest for life.



MUM WHO
— sleeps

What TO EXPECT

This example is based on my "Dreamland" premium 4-step sleep package. Please see the individual sleep package you have selected for specific details.

1

SLEEP SITUATION
30 MINS

Fill in our form so I can get as much information as possible



2

STRATEGY SESSION
1 HOUR

We meet for up to 1-hour to discuss your situation and clarify your sleep goals



3

SLEEP SOLUTION
1 DAY

I put together a detailed plan to help you reach your sleep goals



4

SLEEP SUCCESS
2 WEEKS

After 2 weeks of working together, you'll be seeing some improved sleep.

MUM WHO
——— sleeps

Sleep PACKAGES

NEWBORN 101

\$179

Struggling with the newborn phase? Fear not! This tailored package is for you. I'll craft a strategy that's all about you, and for a whole day, I'm just a text away. I'll help you navigate the highs and lows, soothe your little one, and be your ultimate virtual cheerleader.

1

DREAMLAND

\$499

This is our 4-step process, where we journey together for 2-weeks to improve your little ones sleep.

2

BLISSFUL

\$379

This is our 3-step process, where we gather all the information and meet and send you a plan you can implement for yourself.

3

SLUMBER

\$169

This is our 2-step process, where we get all the details possible, and then send you a sleep plan.

4

TALK TO ME

\$80

Let's join forces in a one-hour call and kick those snoozing woes to the curb!

MUM WHO
— sleeps

next
STEPS

Ready for better sleep?
Hit me up via email or social media,
and we'll get started! Find me at
[@mumwhosleeps](#).



MUM WHO
— *sleeps*

Contact
**MUM WHO
SLEEPS**

@mumwhosleeps

hello@mumwhosleeps.com.au

www.mumwhosleeps.com.au



MUM WHO
—— sleeps