

Frequently Asked Questions



Do we have to leave our child to cry it out for this to work?

No - I don't use cry it out methods. I offer a variety of sleep training methods that are responsive and gentle. Different methods work for different children. During our consult, I will assess your child's temperament, lifestyle and your parenting style to recommend and agree your chosen method.

What ages do you work with?

I work with children under 5 years, including newborns. Sleep needs change rapidly in the first 5 years, therefore all sleep support and guidance will be tailored to your child's age.

How long does it take for results?

Each child is different and that goes for the sleep challenges they may be facing. Different methods can take different lengths of time. Some families may see results within a few days and others may take longer. Most of my clients see results within 1-2 weeks.

How do I know with package is best for my family?

Before booking any sleep support, we start with a free 15-minute discovery call. This gives us a chance to talk through your child's age, sleep challenges, and family lifestyle. From there, I'll guide you toward the package that best suits your child's needs, so you don't have to worry about choosing the wrong option.

What is the benefit of using a sleep consultant?

Working with a child sleep consultant gives you personalised, evidence-informed guidance tailored to your child's age, development, and temperament. It removes guesswork, provides clear next steps, and supports you to make changes with confidence.



The Sleepytime Coach