



# THE SLUMBER GUIDE



# WELCOME!

Welcome to The Slumber Guide! I am excited to help you and your little one achieve restful nights and peaceful sleep. My mission is to provide personalized support and guidance to help families navigate the journey of baby sleep training.

# Meet Areeba



Hi, I'm Areeba, a mom who's been right where you are—exhausted, overwhelmed, and desperate for a good night's sleep! When my little one struggled to settle down at bedtime, I felt the same frustrations many parents face. But after exploring different approaches, I found a sleep training method that finally worked for us, transforming our nights (and days!) into the peaceful, restful experience I'd been dreaming of.

That journey didn't just change my life; it sparked a passion for helping other families find the same relief. With over 8 years of experience as a child and youth care worker, I understand how crucial sleep is—not just for your baby but for your well-being, too. I know the emotional rollercoaster that comes with sleepless nights, and I'm here to help guide you through it with empathy, expertise, and a plan tailored to your unique needs.

As a Certified Sleep Trainer, my goal is to help you create a sleep routine that works for your family, bringing you the calm and connection you deserve. Together, we'll turn those sleepless nights into restful ones, giving your family the gift of peaceful days ahead. Let's get started on your sleep journey—because every family deserves sweet dreams!



# What to Expect

At The Slumber Guide, your consultation is all about creating a sleep plan that works specifically for your family. We'll dive into your baby's sleep patterns, challenges, and environment, setting clear and achievable goals that fit your unique needs. Before we meet, I'll send you an intake form with a few key questions to help me understand your baby better. Using this information, I'll craft a personalized sleep plan, focusing on gentle techniques tailored to your baby's age and temperament—making sure you feel confident and comfortable with every step.

During our session, we'll also have time for a Q&A to address any of your concerns, and I'll share additional resources to support you along the way. Plus, you'll have ongoing support through email or phone throughout the entire process, so you never feel alone on this journey. Together, we'll turn those sleepless nights into peaceful ones, giving your whole family the rest you deserve!

# Package #1

**\$299**

Sleep Evaluation

60 Minute Video Consultation

Customized sleep plan

one 30-minute follow-up phone call

once a day daily email/text support for 2

weeks

Guide for future success

*...zzzz*

# Package 2

**\$399**

Sleep Evaluation

60 Minute Video Consultation

Customized sleep plan

two 30-minute follow-up phone call

Unlimited email/text support for 2 weeks

Guide for future success



# Package 3

**\$499**

Sleep evaluation

60 minute video chat consultation

Customized sleep plan

Four 30-minute follow-up phone calls

unlimited text/email support for three weeks

first evening bedtime text support (3 hours)

Daily sleep log monitoring

Guide for future success



# Tips for success



Consistency is key! Establishing a bedtime routine will help signal to your baby that it is time to sleep

Create a sleep-friendly environment: Keep the sleep area dark ( I recommend using blackout curtains,) quiet, and cool. consider using a white noise machine if needed.

Be Patient: Every baby is different, and sleep training can take time. Remember to celebrate the small victories along the way!

Sleep training is very much a process where you get out what you put in. The more consistent and dedicated you are to following the plan, the quicker you'll see progress. I know it can feel challenging at times, especially when you're tired, but those efforts truly pay off in the form of more restful nights and happier days for you and your baby. I'll be here to support you every step of the way, but your commitment is the key to making it work!



If you have any questions or need further information, please don't hesitate to reach out—I'm here to support you and your baby on this sleep journey every step of the way!



THANK YOU, AND I  
LOOK FORWARD TO  
WORKING WITH YOU.



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