



# The Steps to Better Sleep for Your Employees





# Hello there!

My name is Amy Huebner. I am an award winning Certified Sleep Consultant and Sleep Science Coach; a best-selling Author; and a Mum.

My passion is to equip families and adults with the tools and support they need to achieve great sleep, each and every night.

My role is to ensure sleep deprivation is side stepped and each family and individual we work with are set up for great sleep, for life. Yep! For life.

Myself and my team have now had the privilege of working with over 1500 families. 1500 families reaping the benefits of great sleep.

**Sleep deprived employees lead to exhausted employees.** Employees who are not as productive as they could be. The deprivation can often result in sickness, both physical and mental; short attention spans; and low tolerance levels. **Productivity goes down. Absenteeism goes up.**

Sleep support is a valuable offering to all of us. We would love to partner with you to improve your employees' quality of life and quality of work. A **game changer** for your team productivity.

*Amy*

# Why is good sleep so important for your teams?

For some parents, sleepless cycles due to their children not sleeping well, can last for months, even years. Other members of your team may be struggling to get good sleep for other reasons.



## Current research shows:

- **Adults who get less than 8 hours of sleep a night** are at an elevated risk for a number of health problems, including high blood pressure, stroke, obesity, cardiovascular disease, diabetes, and depressive disorders
- A study from the University of Pennsylvania showed that subjects who experienced even partial sleep deprivation **reported feelings of stress, anger, sadness, and mental exhaustion**
- Fatigue and impaired cognitive function resulting from lack of sleep can **increase the risk of accidents, errors, and injuries**
- **People who regularly get between 7-9 hours of sleep**, show better performance at work, and take fewer sick days than people who typically sleep less than 7 hours
- **Well-rested employees** are happier, more focused, and more energetic employees.

# Investing in quality, restorative sleep

- Contributes to better mental health and overall emotional resilience
- Leads the way to higher productivity, improved performance, and greater workplace success
- Allows team members to feel refreshed, energised, and ready to take on the day
- Enhances social interactions, promotes empathy, and cultivates stronger connections.



**Good sleep enhances our physical and mental health, boosts our performance and productivity, fosters positive relationships, and allows us to enjoy life to the fullest.**

# Group Services



## Lunch and learn Sessions

Up to 100 attendees

**Note:** Example sessions noted. Tailormade sessions available.

## Working parent sessions:

- Newborn sleep & what to expect (for staff on parental leave, or soon to be)
- 7 Top Tips to having a beautiful sleeper (for staff with infants)
- Routines and healthy sleep habits for toddlers and pre-schoolers
- How to reduce bedtime anxiety for School Aged Children (6-12 years old).

## DreamMode Adult sessions:

- Why good sleep is your best asset and how to get it
- Making a good night's sleep part of your life, each and every night.

## Manager sessions:

- How to generate, support and maintain well-rested teams.

## Newborn Sleep Seminar (babies 0-11 weeks of age)

Up to 100 attendees

Suitable for parents on parental leave, or soon to be.

## Inclusions:

- 60min Live Webinar OR In-person seminar
- Topic: '**How to have a great sleeper, right from the start**'
- Q & A Session
- Newborn Sleep Guide sent to each attendee
- Private 30min support call available for each attendee.

## Infant & toddler Sleep Seminar (3 month old babies to 5 year olds)

Up to 100 attendees

## Inclusions:

- 60min Live Webinar OR In-person seminar
- Topic: '**7 Top Tips on how to achieve great sleep for the family**'
- Q & A Session.

# 1:1 Services



## Newborn Package

Suitable for parents with a 0-11 week old baby

### Inclusions:

- Newborn Sleep Guide & Webinar (pre-recorded)
- A private 30min support phone call
- Wrap up email packet covering future sleep changes & how to manage them.

## Hushabye Corporate Package

Suitable for parents with 3 month old to 5 year old

### Inclusions:

- Full sleep evaluation
- Detailed family sleep plan
- Pre-consult resources
- Private consult to discuss sleep plan
- Daily support for 3 week period
- Wrap up email packet covering future sleep changes & how to manage them.

## DreamMode Package

Suitable for adults

### Inclusions:

- Full sleep evaluation
- Detailed individual sleep plan
- Private consult to discuss sleep plan
- 2 x 30min check in calls to ensure progress.

# What people are saying

## BIRTH AND BEYOND



"Amy delivered an online information session on the importance of sleep for babies and parents. It was an amazing presentation, full of tips and advice for our sleep deprived families. She was so generous with her time answering the many questions people had. The positive feedback was immediate, with grateful parents reporting positive outcomes after putting Amy's advice into practice the same night! Sleep is such a contentious topic but Amy made everyone feel at ease and her common sense approach was very refreshing".

*Adrienne Bogard - Mgr, Birth & Beyond Parent Resource Centre*

## THE DALEY FAMILY

"Amy is seriously amazing. She has helped both of my boys sleep beautifully. Since working with Amy both are sleeping through the night and enjoying their day sleeps. Thanks to Amy I'm now having 8+ hours of uninterrupted sleep each night and feel amazing for it. I couldn't recommend Amy and her services more. She is a pleasure to work with and has given me all the tools and confidence I need to ensure our family are getting the sleep we need".

*Danielle - Ocean Grove, Victoria*



## NT HEALTH

"Amy presented an information session to our child health team which was detailed, professional and very valuable. She shared her extensive knowledge having worked with over 1000 families struggling with sleep. Thank you Amy!".

*Mel Harding - Mgr Child Health Team, Alice Springs*





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‘Sleep is the power source that keeps your mind alert and calm.

Every night and at every nap, sleep recharges the brain’s battery.

Sleeping well increases brainpower, just as weight lifting builds stronger muscles, because sleeping well increases your attention span, and allows you to be physically relaxed and mentally alert at the same time.

Then you are at your personal best’.

- DR. MARC WEISSBLUTH

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# The AH Sleep Specialists Journey

AH Sleep Specialists (formerly Hushabye Baby) was founded in 2017 by Amy Huebner, who is an award winning Certified Sleep Consultant, a Sleep Science Coach, a best-selling Author, and Mum.

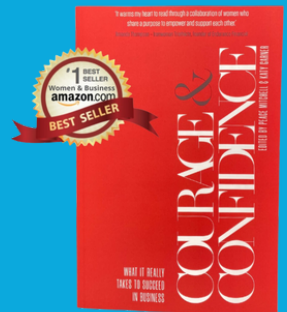
Over the last 7 years, AH Sleep Specialists have worked with over 1500 families, helping them go from sleep deprived to well-rested. In addition, we have worked with multiple health care providers, running group seminars educating parents and adults on finding great sleep.

Along the way, we have been recognised for multiple awards, which has been a great honour.

In 2024, the team at AH Sleep Specialists has grown, and we are ready to support you and your employees, ensuring great sleep is being achieved each and every night.



Member of the  
Sleep Health  
FOUNDATION



# Let's get started

We would love to meet with you to discuss how we can partner together to get your teams working at full capacity.

Schedule a Discussion call

[CLICK HERE](#)

Schedule an In-Person meeting

[CLICK HERE](#)

Current pricing

[CLICK HERE](#)

