



The Steps to Better Sleep for Your Employees





Hello there!

My name is Amy Huebner. I am the founder of Hushabye Baby Sleep Consultancy; an award winning **Certified Infant and Child Sleep Consultant**; a best-selling co-author; and a Mum.

Having worked with over 1000 families, both nationally and internationally, my aim is to prevent sleep deprivation for little ones, and their parents.

We work with families and employees to ensure everyone is sleeping well by providing them with the education and support they need to allow their young ones to sleep beautifully. **When baby doesn't sleep, neither do the parents!**

Sleep deprived parents 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.**

We are looking to partner with companies like yours to help 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.



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

Inclusions:

- 4 x 60min interactive sleep sessions

Session examples:

- Newborn sleep and what to expect
- Routines and healthy sleep habits for toddlers and pre-schoolers
- How to juggle sleep with multiple children
- How to reduce bedtime anxiety for School Aged Children (6-12 years old).

Newborn Sleep Seminar

Up to 100 attendees

Suitable for up to 11 weeks old

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

Up to 100 attendees

Suitable for 3 month to 5 year olds

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 up to 11 weeks of age

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 3 month to 5 year olds

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.

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

The Hushabye Journey

Hushabye Baby was founded in 2017 by Amy Huebner, an award winning Certified Sleep Consultant, Best-selling Co-author, and Mum to three.



Over the last 7 years, Hushabye Baby has worked with over 1500 families, helping them go from sleep deprived to well-rested. In addition, Hushabye Baby work with multiple health care providers, running group seminars educating parents on finding great sleep.

Along the way, Hushabye Baby and the Founder, Amy Huebner, has been recognised for multiple awards.

In 2024 we have grown our team and offerings. The Hushabye Baby team are ready to support you and your employees.



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](#)