



good  
**NIGHT**  
Supporting families to better sleep

## WHAT WE DO

Good Night is a child and baby sleep consultancy that specialises in supporting families to BETTER sleep!

With our bespoke, responsible support options we strive to find a solution to fit your family set up, family values and parenting style.

We teach parents how to help their children sleep better, through responsible, comprehensive offering taking into consideration all the building block of sleep.

By providing parents with a personalized sleep plan we believe all children can have the gift of a Good Night's sleep in a responsible manner.

We believe in empowering parents with knowledge and support!  
Let us help you sleep BETTER tonight

GOODNIGHT.CO.ZA

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# LET'S SLEEP BETTER

## OUR DIFFERENT SOLUTIONS

### CONSULT AND SUPPORT

#### **The most responsible solution**

Includes analysis, personalized sleep plan, 1.5-hour consultation, x 3 follow up support phone calls (15 min each) and two weeks of unlimited email / WhatsApp support.

### WORKSHOPS

#### **Create your own Sleep Plan**

This practical three-hour workshop will assist parents in custom making their own sleep strategy for their family. Covering all the building blocks of sleep to help your family sleep BETTER.

### MASTERCLASS

#### **Cover the basics**

An informative 60 - 90 minutes talk will cover all the building blocks of sleep in a more generic format but of course allow for some Q&A at the end.

### SCHOOL TRAINING

#### **Helping our support teams**

Our newest offering focuses on helping teachers at schools understand the importance of sleep. Focusing on day time naps, requirements and schedules for different ages, and creating ideal sleep environments.

### SLEEP PARTY

#### **Sharing is Caring**

Parents who have gone through the process have the opportunity to share their joy of restful Sleep with their friends. Friends spend time together while one of our Sleep Experts share what they know!



# WHY GOOD NIGHT?

## **We have helped over 10 000 families sleep BETTER**

Giving you access to tried and tested experience and methods.

## **Continuous Consultant Development**

Our trained sleep consultants are one of a kind in Southern Africa because they are professional and undergo a strict screening and education process, which include initial training, monthly trainings AND an annual conference!

## **We work together as a team**

Giving you access and knowledge to not just one consultant but all 22 of us! This also ensures we remain responsible and accountable and ensures that each client receives the same excellent service!

## **Network of Partners**

Which strengthens our support to our clients. as we can easily identify situations and refer to partners if need be.

## **We participated in controlled study with University of Pretoria**

This is how confident and passionate we are about what we do. We KNOW we make a difference and we wanted to prove it!

## **Associations of Professional Sleep Consultants**

Not only are we members we also form part of their leadership team, helping set a standard of excellence in the sleep industry.

## **Personalised Support for each client**

[We understand this will be one of the most difficult processes a parent can choose to do, our support is invaluable to ensure you have success.

