MYBABY SLEEPOLOGY / EMPLOYEE BENEFITS

Pediatric Sleep Support for Working Families

When a child is up at night, parents feel it the next workday. Give employees with children ages 0 to 5 practical, science-based sleep support from the return to work through the preschool years.

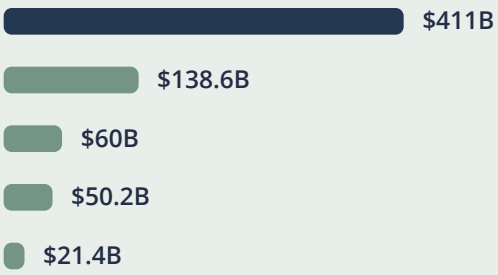
Why Sleep Matters at Work

Estimated annual cost of insufficient sleep in lost GDP

Up to

$411B

in the U.S. alone



Source RAND Europe, Why Sleep Matters (2016), Table ES.2, Scenario 1. Figures in 2015 U.S. dollars.

Two ways to support your employees

One-Hour Seminars

Choose one live seminar for **ages 0 to 5** or two age-specific sessions. Includes Q&A.

Ages 0 to 2 Sleep development, naps, night wakings, and routines.

Ages 2 to 5 Bedtime resistance, night wakings, early waking, and crib-to-bed transitions.

Family Sleep Bank

Set aside a shared pool of employer-funded sleep support for families to use as needed.

Offer a **30-minute consultation** or **one week of individualized remote support.**

We handle intake, consultant matching, and scheduling.

Bring pediatric sleep support to your team!

Xan Coffman, Founder xan@mybabysleepology.com mybabysleepology.com

MYBABY SLEEPOLOGY / EMPLOYEE WELL-BEING

Real Families. Real Impact.

When families sleep better, the difference can reach far beyond bedtime, into work, confidence, and everyday life.

THE WORKING PARENT EXPERIENCE

“There’s no way I’d be able to work full time if she wasn’t sleep trained.”

“It’s changed our lives and made us more confident parents while allowing us to fully jump into our work with a baby at home!”

CMI Media Group employee | Following a MyBaby Sleepology program

TODDLER SLEEP / HIYA EMPLOYEE

Waking every 1–2 hours → Sleeping through the night

A parent used to lie with their toddler through frequent night wakings. After sleep support, their child started sleeping through the night.

WORK + FAMILY / YAHOO EMPLOYEE

Exhausting nights → Restful nights and longer naps

An eight-month-old needed feeding or rocking overnight. The baby rapidly improved and everyone was sleeping through the night after starting a program.

EXECUTIVE FAMILY / BUMBLE

Hours-long bedtimes → Independent sleep

After long bedtimes and bed-sharing, their toddler started happily going to sleep independently and sleeping through the night.

CORPORATE WELLNESS / GLOBAL WALL STREET FIRM

“Incredibly knowledgeable and tactical”

“Helping parents to find actual solutions they can implement at home. Feedback was really well received!” — Corporate parent seminar feedback

EMPLOYER WELL-BEING IN ACTION

The Breakers has included MyBaby Sleepology among its employee well-being resources, providing expert guidance to parents of infants and young children.

Individual experiences are illustrative and do not guarantee results. Employer names identify the context of the feedback and do not imply formal corporate endorsement.

The benefit extends beyond better sleep.

It’s helping parents feel more rested, more confident, and better supported as they balance the demands of work and family.