



SOFIE PETTS-SABINE

SHUTEYE



Social Media



@shuteyesleep



@sofieshuteye



@sofieshuteye

Sofie Petts-Sabine is a straight talking, certified Child Sleep Consultant, creator of The Early Rising Kids Solution and Mum who has been there!

She learned the hard way about the utter exhaustion and sleep deprivation that comes with having a baby and she now knows that once past the early weeks, this can all be avoided.

'Sleep training transformed our lives' says Sofie, and such a big way that she launched ShutEye to share her secrets and teach other parents all things she wishes someone would have told her. She coaches families so that they can get their babies and young children sleeping happily and healthily. She works in person, virtually or overnight to overcome even the trickiest of sleep challenges as;

- Bedtime Battles • Frequent night-waking • Early Risers • Short & non-existent naps • Ditching the dummy • Cot to bed transition • Jack in the Boxes (kids who won't stay in their bed) • Twins/Multiples schedules • Parents who want to reclaim their bed

Referred to as a complete 'sleep genius' for her ability to grant the wishes of despondent, exhausted parents and transform seemingly impossible sleep situations, Sofie admits that her success is not down to luck or magic but being a self professed 'sleep geek' and understanding the realities of parenting in the modern day.

As a 'Mum that has been there' with two young daughters she has the unique advantage of being a sleep deprived Mum teetering on the edge of a breakdown and feeling like a complete failure. She also knows how tough it can be to ask for help and to actually sleep train your child but then relish in that sweet, sweet moment when your baby sleeps through the night and it happens night after night.

She is passionate about young children getting the sleep they need to thrive and for parents to know that the early years of parenting doesn't have to be a 3 year, sleep deprivation sentence. Parents assume that 'sleep training' is just a case of letting your child cry it out' where as Sofie knows that she can make huge improvements before even adopting any structured methods.



S H U T E Y E

SOFIE PETTS-SABINE

SHUTEYE

Media & Press

- Guest Sleep Expert for Huggies Drynites Sleep Retreat



Services

- **Sleep Success packages:** One to one in person or virtual support. All plans start with completion of a Sleep Questionnaire, creation of a tailored Sleep Plan & Strategy, an in depth 90 minute consultation followed by 2 weeks of support, motivation and hand holding. All packages come with the guarantee that parents will continue to receive support until they reach their sleep goals.
- **The Early Rising Kids Solution:** Early rising is one of the most common and frustrating sleep challenges that parents face. This online video course gives them the knowledge and tools to stop their children waking up crazy early!

Testimonials

"Can I just say, a massive thank you. You have saved my sanity and quite probably my marriage! I guess you really just don't understand how much long term lack of sleep really affects everything you do, feel and say".

Lois & 21 month old Elliott

"We really cannot thank or recommend Sofie enough!

If you're wondering whether it's for you...do it! It sounds cheesy but it's honestly life changing and still quite bizarre to us that it's possible and is happening! I even managed my first night away in week 2, and have had a date night with both of us since, someone else even got him to bed!

You and your babes need the sleep, don't go on being so exhausted you can't function. Get some help and if you're feeding your bubba all night give those boobs a rest!"

Jess & 9 month old Ronnie

"To say this is miraculous and that it has changed our family life doesn't even come close.

I wish we had done this years ago with our son but I'm so glad we did it with Shelby.

Sofie was supportive and friendly and really listened to the problem and what we wanted to achieve and most of all, it worked!"

Sophie & 18 month old Shelby

07899 047008

sofie@shuteye.co.uk

www.shuteye.co.uk

