



# BEDTIME BEGINNINGS

Because everyone deserves a good nights sleep.

Brooke fell in love with helping people get back to sleep after she struggled with sleepless nights herself. Trained by industry leader Dana Obelman, Brooke has the knowledge and the steps to help anyone learn to sleep again easily.

## BROOKE'S SPEAKING STYLE

Sharing her knowledge is Brooke's passion; she loves taking the time to break down what is interfering with the body's natural ability to sleep while offering steps and suggestions so that you can get back to sleeping through the night again.

Brooke keeps a very light and joyful mood while she discusses all things to do with sleep. She will provide handouts and interactive conversations so that everyone leaves with valuable & useable tools for sleep.

## SPEAKING TOPICS

### Infant & Child Sleep

We all want what is best for our children; we buy them good food to eat, we make sure they get some movement each day and we offer them a loving environment to thrive in. One thing that is often misunderstood is sleep; there is a lot of information online and in parenting books about sleep, I have done the research, broken down the most important things you need to know and how to implement the information in order for your child to learn to love sleep.

It may seem overwhelming but during the talk you will understand the simple ways you can promote good sleep. Once your child is a good sleeper they will always love sleep, which means you can too!

### Adult Sleep

We know the importance of eating well and exercising, and we know that sleep is important, but a lot of us are doing small things, daily, that interfere with a good night's sleep.

Sleep can help improve the mood, health, happiness, morale, productivity, attitude, creativity, relationship and positivity of your team!

Some of the Topics Covered Include:

- Don't Just Lie There- What to do so you stop waking at night.
- Diet & Movement - A little goes a long way.
- Stress- How your body reacts and simple ways to help.
- Sleeping Pills- What you may not know about their short & long term effects.

## Book Brooke for your next event.

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Brooke Hohenadel, Certified Child & Adult Sleep Consultant



## WHAT PEOPLE ARE SAYING ABOUT BROOKE

"You are a great speaker, very knowledgeable and many families speak highly of you and your tips and tricks. I have greatly enjoyed having you come and provide that information to our families and hope in the future we can continue a partnership!"

Allison Beauchamp

"Brooke shared with me a Ton of strategies that were well outside the normal solutions found on-line. She did a great job providing education on reasons behind my sleep troubles."

Kelly Murray

"Working with Brooke was the best decision I have made since having my daughter...the constant night wakings of our early days as new parents continued to take a toll on me, even once our daughter was blissfully sleeping 12 hours a night. Her advice was practical, her plan effective, and her demeanour so warm-hearted that I actually missed her when our time together was up! I would highly recommend everyone struggling with sleep issues, big or small, reach out to Brooke." Allison MacKewen

