



Testimonial

Claire T

Occupational therapist , NHS

Our 11wks old son would only sleep 40 minutes at a time day and night, and on one of us (parents). None of us were getting much sleep and it was having a significant detrimental impact. For me it affected my mental health and my ability to function at even a basic level. I was not leaving the house and had become anxious about the idea of ever being able to, let alone return to work. My husband was getting up at 4am to help, then doing full days at work afterwards, all the time worrying about how my son and I were getting on at home. This meant that he struggled to concentrate at work and didn't feel that he was performing well due to the sleep deprivation and stress. We felt we were at breaking point.

within just a few weeks of working with Isabelle, our son was sleeping on his own, day and night, and sleeping for periods of 3, 4 or 5 hours at night. I am less emotional, more in control and significantly happier. This has been so helpful and I feel I've build up the confidence that I need in order to return to work in the next couple of months.