



Testimonial

Sam and Sarah Duncan

London

We contacted Isabelle after 2 months of worsening sleep at night for our little boy.

We had tried to work on day naps and had taken lots of advice from friends/family/books. We had a routine but he was still waking around every 30 mins during the day and 1-2 hourly over night. It could take up to 45 mins to settle him to sleep at the start of sleep and with each wake. We were using a lot of sleep aids - white noise, shhhh track playing on phone, singing, and tummy rub/bottom patting. This was all repeated at every wake in the night and we were both exhausted. We had decided to work in shifts so we could both get some sleep in the spare room when it was the other persons turn. Isabelle gradually helped us remove the sleep aids and taught us how to help him fall asleep by himself. This took around a month but now we have a little boy who we put down into the cot awake, we leave the room and he will fall asleep without assistance in around 10 mins. This is for both day and night sleep. He usually only wakes once at night for a feed. We are different people now we are getting enough sleep and we have more time in the evenings to spend with each other. Cannot recommend Isabelle's help highly enough.

Isabelle Edmondson

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