



# Welcome Guide

*Joelle Hill*

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CBT-I for Adults**

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**Healthy Happy Rested**

# How it works

Clients begin with a free, no-obligation discovery call to decide what support will be the best fit for their sleep concern. After an option is chosen, a detailed questionnaire is completed which gives a holistic view of the current sleep issue. It tells me about the sleep environment, schedules, routines and habits. There are many pieces to sleep. A sleep diary will be completed to track current patterns and track progress. I screen for medical issues that might be causing the sleep issues and give information about the science of sleep. I also take into consideration the family goals around sleep.

Based on the information and a detailed conversation a plan is made that people can feel confident in making changes toward better sleep. I also offer coaching services while they implement change. In the process, I provide the knowledge, tools, and understanding to meet their sleep needs for a healthy, happy and rested family.



*Joelle follows the current safe sleep guidelines and recommendations*

# About Joelle

Everyone needs sleep! I offer sleep coaching and support services for infants, children, youth and adults. I am a certified infant and child sleep consultant through the Family Sleep Institute. As well, I am certified in CBT-I for supporting youth and adults who are having difficulty with sleep. I offer individual phone/video sleep coaching services and will travel if requested. I have more than 20 years of experience in the field of Infant and Child Development and Mental Health providing family-centred support while working with complex situations. I work one on one with families to develop customized sleep support using an attachment-focused, developmental lens while meeting the needs of each unique individual/family.

Each child, family and adult is unique. I provide a specific action plan for you and your family so you can make changes based on your values and comfortability, temperament, personality, and development using a responsive style to help you and your child have an easier time with sleep. I work with you, so you feel confident with the plan.



I also offer group talks and formal learning opportunities. Contact me for details.

*"I highly recommend Joelle for her professional knowledge and her comfortable, relaxed manner which puts us at ease."*

**Testimony - mom of Sydney**