SLEEP SPECIALISTS

- COACHING & CONSULTING -

EST. 2017

EAP PARTNERSHIP

SLEEP SUPPORT FOR BUSINESSES

www.ahsleepspecialists.com.au

DATE:
June 2026

PREPARED BY:
Amy Huebner

The Objective

Support employees to achieve consistent, quality sleep each night by providing practical knowledge, evidence-based strategies, and support that helps them thrive both at work and at home.

Available Services

NEWBORN BABY SUPPORT

The provision of gentle guidance in the first few weeks following the birth of a child can result in a family avoiding the pitfall of sleep deprivation. **Setting the family up for great sleep right from the beginning**. Virtual Group or 1:1 sessions available.

PAEDIATRIC SLEEP SOLUTIONS AND Q&A SESSION

Group information session provided virtually or in-house. Suitable **for working parents of newborns through to 5 year olds**. *Sessions for parents with older children available on request.*

VIRTUAL OR IN-HOUSE GROUP SESSIONS FOR ADULT SLEEP

Stand alone sessions or Lunch & Learn Series. **Designed according to attendees.**
Example sessions:
Teams: Why good sleep is your best asset.
Managers: Unlocking Peak Performance.

1:1 VIRTUAL SUPPORT

Personalised support for employees. **Individuals and families work with our team directly** to resolve specific sleep issues.

Our Team

AMY HUEBNER

Known as the “Sleep Whisperer”, Amy Huebner is a Certified Sleep Sense™ Consultant for children, a Certified Sleep Science Coach for adults, and the Founder of AH Sleep Specialists.

An award-winning sleep expert, best-selling author, and mum, Amy has supported thousands of families and working parents to achieve better sleep through practical, evidence-based, and compassionate support.

KRISTINA COOPER

Kristina is a sleep specialist with a background in partnerships and marketing, bringing a people-focused approach to supporting families and organisations.

Her passion for sleep health began through her own experience as a sleep-deprived parent, where implementing healthy sleep strategies transformed her family's wellbeing. Trained under Amy Huebner, Kristina is dedicated to helping others understand the power of quality sleep and create sustainable habits that support healthier, happier lives.

AMYLEE WEBER

Amylee is a compassionate Sleep Specialist and nurse who understands firsthand the impact that quality sleep can have on a family.

After working with Amy Huebner as a client many years ago, Amylee experienced the transformation from severe sleep deprivation to a well-rested, thriving household.

Since joining AH Sleep Specialists in 2022, she has supported families through their sleep journeys with warmth, understanding, and practical guidance every step of the way.

JESSAMI KINGSLEY

Meet Jess, our Assistant Extraordinaire from Virtual Forte. Jess helps keep AH Sleep Specialists running seamlessly behind the scenes and is an integral part of our team.

After working with Amy Huebner when her son was just 7 months old, Jess experienced firsthand the positive impact of our sleep support and has been a passionate advocate ever since.

She has worked alongside Amy since 2021, providing invaluable support to both our team and the families we work with.

Let's partner up

We welcome the opportunity to discuss how AH Sleep Specialists can complement your existing EAP offerings. This may include workshops, educational resources, webinars, or tailored 1:1 consultations; depending on the needs of the businesses you support.

If this interests you, please **book in a meeting below to chat further.**

BOOK A MEETING

We look forward to meeting you.

AH Sleep Specialists

0455-890-730

info@ahsleepspecialists.com.au

www.ahsleepspecialists.com.au