SLEEP SPECIALISTS
- COACHING & CONSULTING -
EST. 2017

SLEEP ADVANTAGE PROGRAM

BETTER SLEEP. BETTER WORK. BETTER LIVES.

www.ahsleepspecialists.com.au

DATE:
JULY 2026

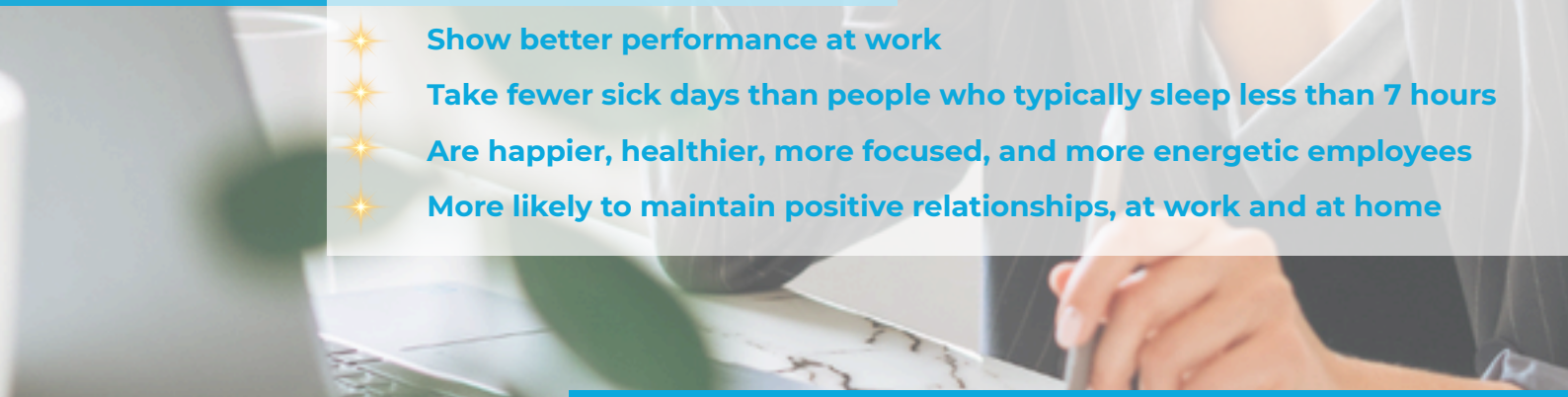
PREPARED BY:
Amy Huebner

The Facts

- Studies show that an alarming 40% of Australians are struggling to sleep 7-9 hours
- Only 20% of Australians report sleeping uninterrupted
- 1 in 10 Australians have mild insomnia. Women being the more likely to suffer from it, especially mothers
- Adults who get less than 8 hours of sleep a night are at an elevated risk of health problems, including hypertension, high blood pressure, stroke, obesity, cardiovascular disease, diabetes, and depressive disorders
- Adults that experience even partial sleep deprivation report feelings of stress, anger, sadness, and mental exhaustion
- Fatigue and impaired cognitive function resulting from lack of sleep can increase the risk of accidents, errors, and injuries
- The current spend in Australia on health and overheads due to sleep distress is $66.3 billion per year

Current research shows that people who regularly get 7-9 hours of sleep:

- **Show better performance at work**
- **Take fewer sick days than people who typically sleep less than 7 hours**
- **Are happier, healthier, more focused, and more energetic employees**
- **More likely to maintain positive relationships, at work and at home**



WHAT WE DO

We provide employees with the knowledge and support they need to ensure everyone in the family is getting restful, peaceful sleep. We work with compassion and empathy, and ensure all sleep issues are resolved once and for all.

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.

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.

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.

Let’s work together

Give your teams the advantage of better sleep, improved wellbeing, and enhanced performance. We'd love to discuss how the Sleep Advantage Program can be implemented within your organisation to deliver meaningful results for both your employees and your business.

Book a meeting below to explore how we can tailor the program to meet the unique needs of your employees.

We look forward to meeting you.

BOOK A MEETING

Investment

The Sleep Advantage Program is tailored to the size and needs of each organisation. Programs can be delivered as a single workshop, a multi-session series, or an ongoing wellbeing initiative. A customised proposal and investment schedule will be provided following an initial consultation.

AH Sleep Specialists

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