



North Texas Child Sleep Consultant Helping Families on a National Scale

Sleep Happy Consulting Empowers Parents to Create Rested Households in 20 States and Counting

Dallas, Texas: Sleep Happy Consulting, a DFW expert in childhood sleep

Founded in August of 2015 by Jessica Bryant, Sleep Happy Consulting began with the mission to empower sleep-deprived parents of restless children to create the sleep routines of their dreams. Over the past two years, Sleep Happy Consulting has worked with over 180 families, with little ones ranging from 4 months to 6 years old. Jessica has a passion for creating well-rested families through personalized, yet affordable child sleep coaching services. Word of her life-changing services has spread fast, both through word-of-mouth and social media. This North Texas sleep expert is now helping families in 20 states and counting.

Sleep Happy Consulting recognizes the unique needs of individual families, creating sleep plans tailored specifically for each child. Jessica strives to provide parents with the tools and knowledge they need to reach their sleep goals. Once a customized sleep plan is developed, Jessica provides dedicated support and constant guidance throughout the entire process. Now, through virtual consultations, Sleep Happy Consulting is able to provide these services to families across the country. Erin San Miguel, a virtual consultation client from Richardson, Texas, wrote to Jessica: "You truly have a gift of learning each client and customizing a specific plan to them. You provided such a great support system . . . through the entire 10 days! You had consistent open communication and always kept in mind what would work best for our family. It is so nice [to be] able to put [our child] down for a nap or to bed and not be nervous about when she will wake up."

"Parents today are bombarded with so many messages and opinions on sleep. Sleep Happy Consulting clears out the clutter of information by providing personal sleep strategies for children through support, coaching, and sleep training," says Sleep Happy founder Jessica Bryant. Parents are continually amazed by the positive changes they experience while working with Jessica. "I cannot believe how [Jessica] turned our sleeping situation around for the better," said Whitney Cook, another virtual consultation client. "[Our child] is sleeping through the night. I never thought that would happen!" Casey Orr, a client from Euless, added: "Our eighteen-month-old son had not ever slept through the night - sometimes waking up every hour, unable to comfort himself back to sleep. Since night two of our relationship with Sleep Happy, he has slept through every single night without a hiccup."

About Sleep Happy Consulting

Sleep Happy Consulting is dedicated to helping parents and children get the best sleep possible. The founder, Jessica, received a Child Development and Family Relationships degree from the University of Texas at Austin while working as a nanny for infant twins. After graduation Jessica went on to be a case manager for Early Childhood Intervention, where she worked with the 0-3 age population with developmental delays as part of an interdisciplinary team. From there, Jessica went on to teach kindergarten in Dallas Independent School District before becoming a mom. Jessica is now a mother of three well-rested children, including twins, and married to Alan, a well-rested father. For more information, contact Sleep Happy Consulting at 214-856-0341 or visit www.sleephappyconsulting.com.

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