



Anytime Sleep Consulting
ASC Today, Sleep Tight Tonight!
Media Kit

843-670-6028

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Meet your Sleep Consultant- **Katie Kovalski**



Katie M. Kovalski
CEO Anytime Sleep Consulting

Katie M. Kovalski is the founder of Anytime Sleep Consulting and CEO of Integration Life Coaching. A Certified Family Sleep Institute Child Sleep Consultant, Katie works with families around the globe to provide education, prevention and intervention services for all of a child's sleep needs.

As a certified life coach with Masters' Degrees in both Mental Health and Marriage and Family Counseling, Katie's practice offers not only sleep expertise but also provides a unique support system for the entire family.

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Our Sleep Philosophy

Dear Sleepless Families,

Sleep Consulting is a relatively new addition to the health and wellness field. As such, we feel it is imperative to share the amazing benefits behind our methodology and how they shape our sleep philosophy, which is that every family deserves to have a full night's sleep, every night.

At Anytime Sleep Consulting we do not believe in a "one size fits all" model when it comes to sleep training. Every family has unique circumstances and needs. In order to be successful in sleep training your child, those factors have to be taken into account when developing an achievable sleep plan. Our aim is to meet you where you are and develop a plan that fits your needs, schedule and level of comfort.

Our sleep training methodology entails being well versed in multiple and various sleep training methods. We do not endorse the same single method to every family who seeks our services. Instead, we use an in-depth intake form to gather as much information as possible about your child's sleep needs and issues, allowing us to form sleep training method options that your family can choose from. We consult with you to narrow down those options, choose a method and use that method to implement a comprehensive sleep plan.

Sleep consulting is a collaborative process. It's imperative to follow the sleep plan to the letter. When feeling sleep deprived it's easy to want to throw the plan to the wayside. A key part of the success behind our sleep plans is the unwavering support of the consultants. We are available to support our clients 24 hours a day, 7 days a week. It's our job as consultants to support you through those moments of desperation and keep you on the right track. Every sleep plan package comes with two weeks of follow up support and our clients have found that to be an invaluable part of our services.

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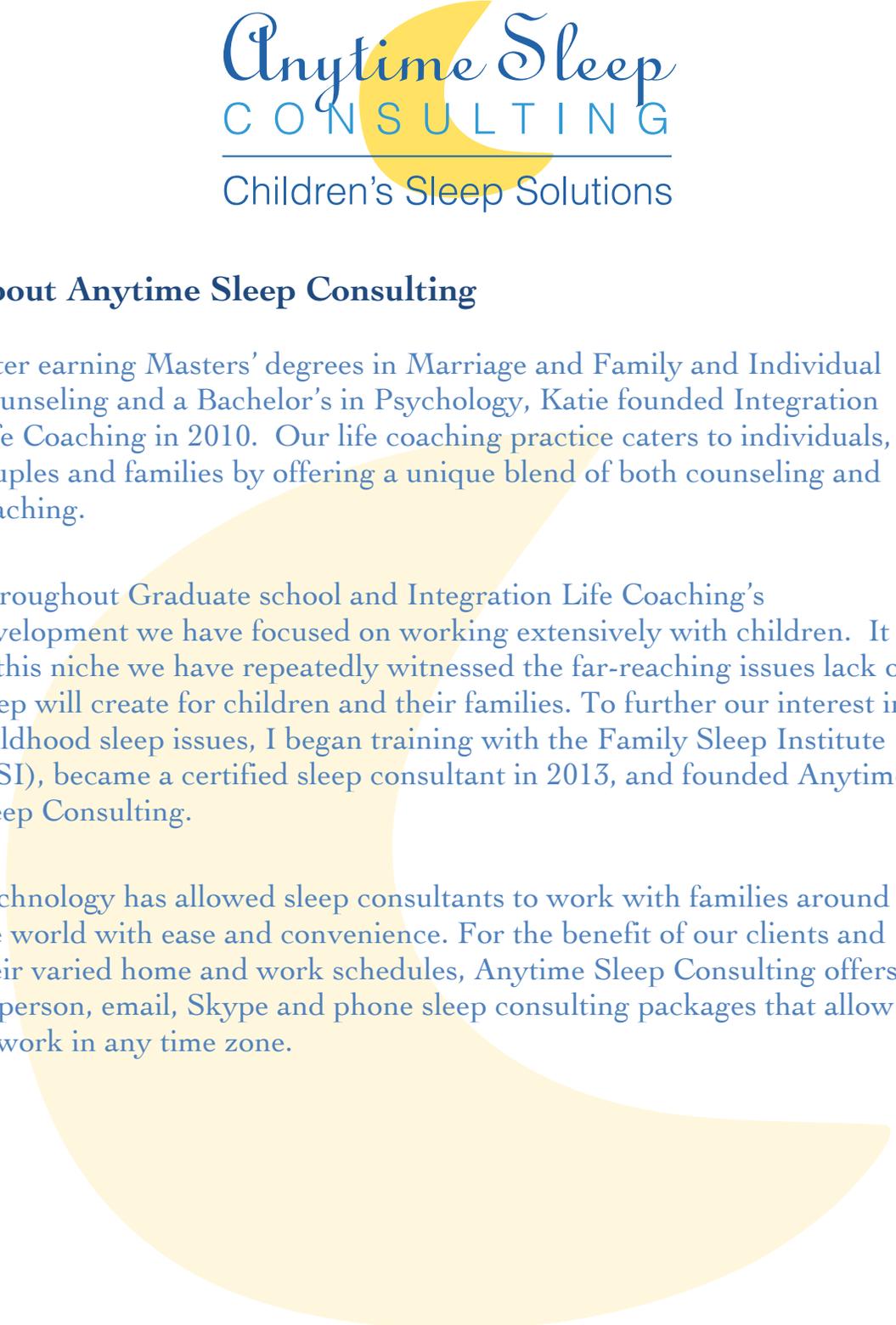
I welcome you to Anytime Sleep Consulting and hope you will think of us when it comes to all of your child's sleep needs.

Sleep Well,

Katie M. Kovalski MMHC, MMFC, CCSC

Founder and CEO, Anytime Sleep Consulting

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About Anytime Sleep Consulting

After earning Masters' degrees in Marriage and Family and Individual Counseling and a Bachelor's in Psychology, Katie founded Integration Life Coaching in 2010. Our life coaching practice caters to individuals, couples and families by offering a unique blend of both counseling and coaching.

Throughout Graduate school and Integration Life Coaching's development we have focused on working extensively with children. It is in this niche we have repeatedly witnessed the far-reaching issues lack of sleep will create for children and their families. To further our interest in childhood sleep issues, I began training with the Family Sleep Institute (FSI), became a certified sleep consultant in 2013, and founded Anytime Sleep Consulting.

Technology has allowed sleep consultants to work with families around the world with ease and convenience. For the benefit of our clients and their varied home and work schedules, Anytime Sleep Consulting offers in-person, email, Skype and phone sleep consulting packages that allow us to work in any time zone.

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Anytime Sleep Consulting is built on the belief that every family deserves to have a good night's sleep, every night. To aid every family in need we offer a variety of tools that allow anyone with child sleep issues the help that they need.

Our “Fun Free Extras”

Free Tip Tuesday - Every Tuesday you will find free sleep tips on our “Free Tip Tuesday” blog, [Anytime Sleep Consulting's Free Tip Tuesday!](#)

FREE FRIDAYS! Child Sleep Question Session - Every Friday from 1-2pm we answer all of your child sleep questions. Questions can be posted at any time during the week and will be answered the following Friday. Further information can be found on our website or click: [Anytime Sleep Consulting Free Question Fridays!](#)

Share with Us! - We have a message section on the contact us page of our website and would love to hear from you. Please contact us with topics of interest for free tip Tuesday, products you are interested in and would like to see reviewed and any another questions and comments you have. Click on: [Share with Anytime Sleep Consulting!](#)

Sign Up! - Sign up on our website and receive your free download of “The Six Secrets to Having an Amazing Sleeper.” When you sign up you also become a member of our sleep family. This grants you access to our “Members Only” private page with extra articles and sleep secrets for all of your child's sleep needs. Sign up Today by clicking: [Six Secrets!](#)

Monthly Newsletter – Sign up for “The Six Secrets to Having an Amazing Sleeper” and you will receive our monthly newsletter, full of child sleep insights, health and wellness tips for the entire family, healthy relationship strategies, product reviews and sample Q & A's.

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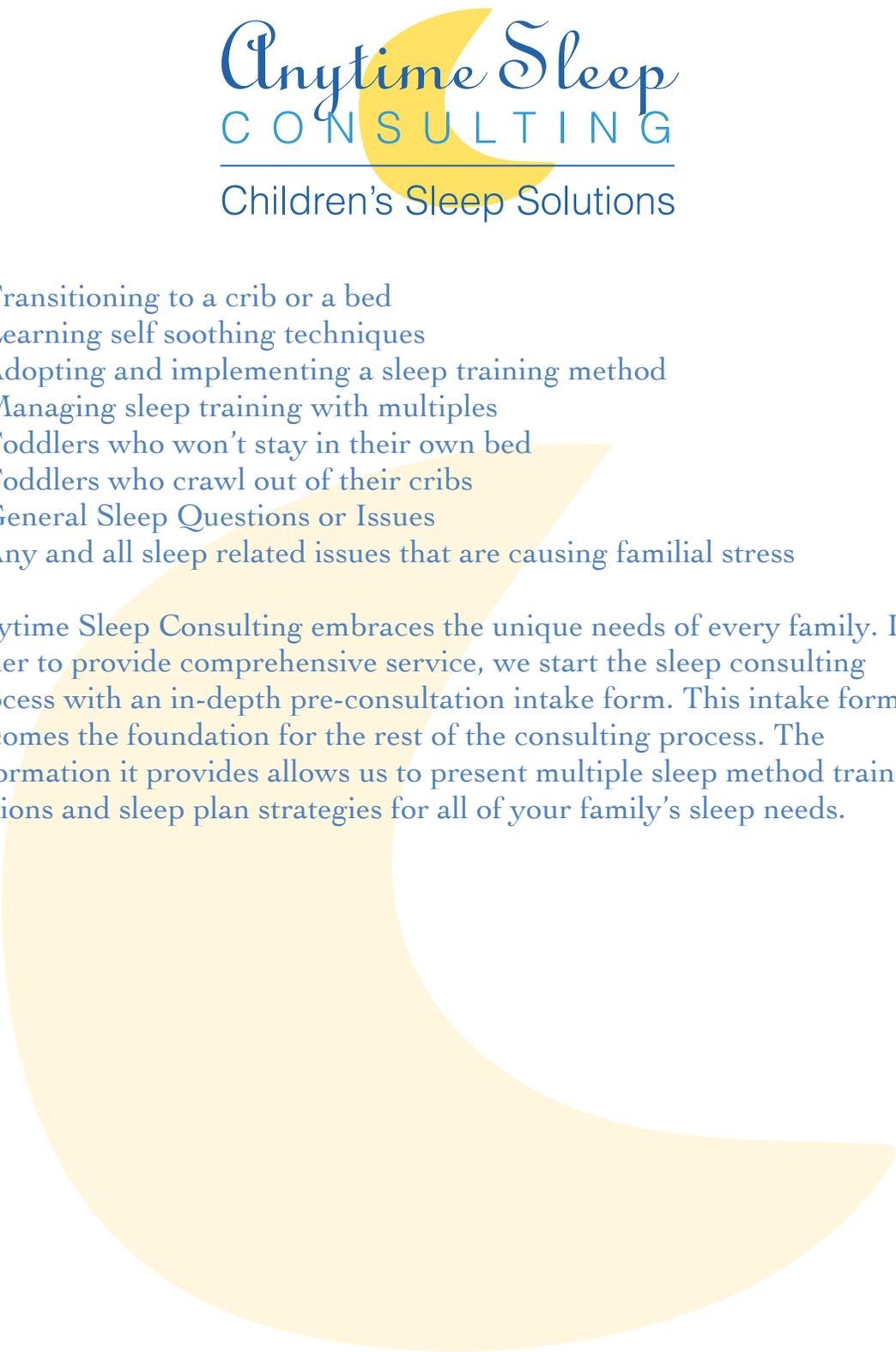
The Sleep Consulting Process

Anytime Sleep Consulting (ASC) is a comprehensive concierge sleep consulting company specializing in child sleep issues from infancy through 5 years of age. As a concierge company, our services are available twenty-four hours a day, seven days a week. No problem is too small or large and when it comes to seeking help for children's sleep issues, anytime is the right time.

Every family deserves and can greatly benefit from a good night's sleep, every night. Anytime Sleep Consulting provides preventative sleep shaping education as well as intervention sleep training services for all your children's sleep needs. Our services include but are not limited to helping families with:

- Initial sleep shaping education for expectant parents and those with newborns (under two months of age)
- Sleep Shaping with your newborn (0-3 months) – how to create healthy sleep habits that will lay a great foundation for future formal sleep training
- Sleep Training Your Baby (beginning at 4 months), how to train your baby to sleep through the night, every night
- Night wakings
- Early wake up times
- Short naps
- Falling and staying asleep
- Dropping night time feedings
- Creating age appropriate sleep schedules
- Creating age appropriate nap time and nap time routines
- Creating an appropriate sleep environment
- Sleep disruptions caused by age milestones (teething, growth spurt, nap changes etc)
- Co-sleeping
- Sleep disruptions caused by travel, holidays and time changes

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- Transitioning to a crib or a bed
- Learning self soothing techniques
- Adopting and implementing a sleep training method
- Managing sleep training with multiples
- Toddlers who won't stay in their own bed
- Toddlers who crawl out of their cribs
- General Sleep Questions or Issues
- Any and all sleep related issues that are causing familial stress

Anytime Sleep Consulting embraces the unique needs of every family. In order to provide comprehensive service, we start the sleep consulting process with an in-depth pre-consultation intake form. This intake form becomes the foundation for the rest of the consulting process. The information it provides allows us to present multiple sleep method training options and sleep plan strategies for all of your family's sleep needs.

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Seminars, Webinars and Workshops

Anytime Sleep Consulting offers personalized seminars and workshops at a variety of locales in the Orlando area. These seminars and workshops are customized according to the needs of the hosting locale and focus on sleep training as well as the wide reaching issues lack of sleep can create for a family and a marriage.

Anytime Sleep Consulting was created based on the knowledge, foundation and experience of both Marriage and Family Therapy and Life Coaching. As such, we are able to provide sleep consulting with extensive marital and family support. We understand the effects of sleep deprivation and the changes new babies can bring to the family unit. Our goal is to help you use those changes to create stronger bonds within the entire family.

Seminar topics include but are not limited to:

- Creating healthy sleep habits for your child from birth- includes how to create a healthy foundation, sleep associations, sleep shaping tips, sleep-training tips and creating a safe and sleep friendly environment for your baby.
- Sleep Education- the science behind your child's sleep schedule and the detrimental effects lack of sleep can cause your child
- Sleep Training Methods for the younger child (4 months- 2 years)
 - Includes nap and nighttime sleep training
 - Creating age appropriate sleep schedules
 - Trouble shooting night wakings, early wake ups and short naps
- Sleep Training the older child (ages 2 and up)
 - Transitioning from a bed to a crib
 - How to handle climbing out of the crib
 - How to use sleep training methods with older children
- Sleep Training through transitions and milestones

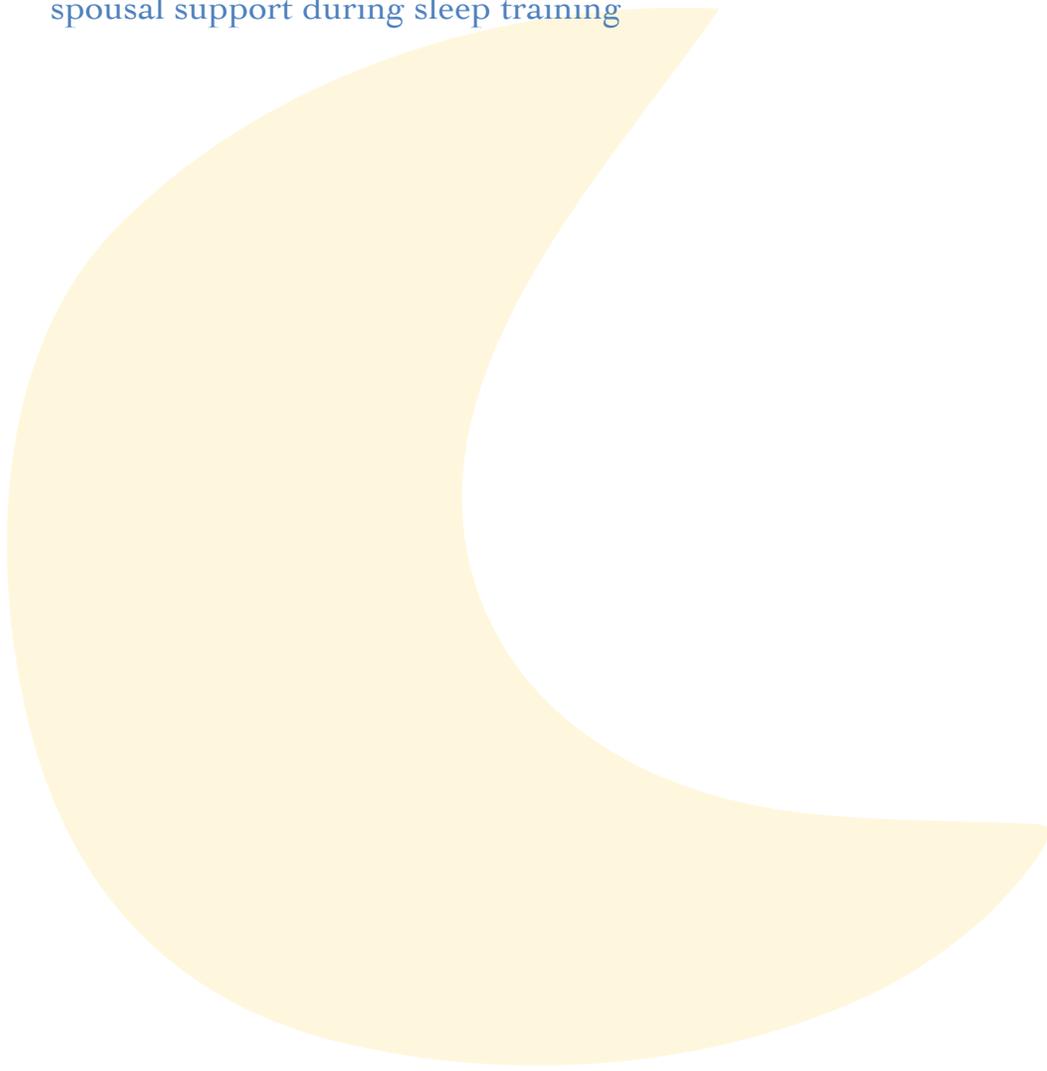
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- Helping Moms find balance
- Tips for healthy communication during times of sleep deprivation
- Preserving relationship intimacy after becoming new parents
- How to use stress to bond instead of break- the amazing benefits of spousal support during sleep training



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Testimonials

"I would highly recommend Anytime Sleep Consulting, Katie was so supportive. She will give you the tools you need to succeed on your own and the emotional support to stick to it when you don't feel you can go on!"

-Sleep Deprived Parent

"Thanks for all of your help, it's been such a relief to have a plan I can be consistent with."

-Jaki, Mom to Quinn, 5 months

"We Officially Have A Sleeping-Through-The-Night 8 month old."

"We officially have a sleeping-through-the-night 8 month old. As soon as she finishes her bottle at night, she's ready to be laid down in her crib without a peep. She Sleeps throughout the night and a few times already the past week I've woken up in the morning to her sitting up in her crib, keeping herself busy and quiet until I come and turn on the lights to get the day started. Her naps this past weekend went off without a hitch.

Thanks so much for your help. We are very, very pleased."

-Nicole, Mom to Sadie, 8 months

"I Would Recommend This To Anyone With A Baby That Needs Sleep!"

We began sleeping training when our little one was eight months. I must say I was more than skeptical. Addison was feeding on-demand at night, wouldn't sleep in her crib (only on the floor), could not self-soothe, or sleep through a sleep cycle, therefore was waking every hour at night, and would only nap during the day while being held. On top of that she was finally recovering from GERD/silent acid reflux, and a dairy intolerance which made her a very colicky baby.

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Our pediatrician also concluded that we had a very strong willed, "passionate" baby, he put it nicely. I finally hit my breaking point as I was not enjoying motherhood and I felt I was just too sleep deprived to be a good Mommy to her during the day! (And lots of convincing from my husband.)

I honestly did not think a sleep consultant would work, but figured at least if we tried it then I could say we had done everything for our baby to make it work. I was also completely against a "cry it out" method. Katie was very understanding and patient with us. While we picked the sleep method that would create the most work for us, she walked us through step-by-step and made sure we felt confident carrying it out.

She came to our home, evaluated our nursery and suggested a few changes to make the sleeping environment more conducive. Katie was also incredibly responsive with questions and daily/hourly feedback. She helped to mentally prepare us for the coming weeks of training. As we came to the middle of the training she was able to give us very specific recommendations and told us necessary modifications to make as Addison learned the new sleep methods.

Katie also did not leave us hanging. We had a family emergency come up in the second week of our training and she helped us prepare Addison for travel. She also stuck with us an extra week when we returned to town, so that the work we had begun would not go to waste. My desire was to have Addison sleeping in her crib, taking two naps a day, and waking only once a night for a feeding. With Katie's close instruction we have finally reached those goals!

We could not be happier to have gone through this process! We have a happier, healthier, baby that is now learning to self soothe. It is wonderful to see her real personality come out! And her Dad and I now have the energy we need to be good parents, and enjoy being her parents! I can't say the process was easy, it was hard work, but I could not have done it without Katie! There simply is not a sleep book out there that can answer questions specifically about my unique child as situations arise, but the

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sleep consultant did just that! I would recommend this to anyone with a baby that needs sleep!

-Melanie, Mom to Addison, 8 months

"The Daily Emails Worked great For Us"

"I emailed Katie every single day about my progress from the day before and that morning. For the first few days, she would give me a plan from that email, and my husband and I were always amazed if we followed her advice exactly, our baby would sleep exactly when she said he would!! The daily emails worked great for us."

- Carol, Mom to Jack, 7 months

Why Choose the House Call?

"I appreciated Katie was available to sit down and meet with me in person. It helped greatly because I felt that I could have one on one face time for her to understand my struggles. She was able to see how my life is run when she sat down with me, which I think better helped create a more individualized plan for my child."

-Lauren, mom to 3.5 year old

"Bedtime Was A Battle!"

"I would definitely recommend Anytime Sleep Consulting. This is the first time in years I have not had to battle with my child. I finally have some time to myself at night and with my child finally going to sleep when he should be for his health, I have noticed he is a much happier boy!"

"Bleary Eyed from Sleep Loss and Feeling Hopeless?"

"We had been attempting to sleep train our 6 month old on our own after researching online and reading a couple of books. Before working with Katie, our little guy was waking a few times a night, waking for the day at

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5am, and taking very short, scattered naps. We were nursing him or rocking him to sleep anywhere from 15-45 minutes for bedtime and naps!

Katie provided us with a solid sleep plan and most importantly consistent support and encouragement. She was always available to us and encouraged us to stick with the plan even when we were bleary eyed from sleep loss and feeling hopeless. If we had a particular problem that day we couldn't figure out she would be there to trouble shoot. The most important thing I took from her help is the ability to adapt her sleep plan to any particular day depending on how my baby sleeps that day. Our baby now averages 11 hours of sleep at night or more without any night wakings, and his naps are progressively getting longer. Most importantly, he is able to self-soothe during night/nap wakings, and go to bed awake and fall asleep on his own!"

-Carol, Mom to Jack, 7 months

"His Teacher Noticed a Difference After One Week"

Bedtime and naptime for our child was erratic, inconsistent and quite honestly a battle. After Katie put a plan together with ways to handle the obstacles thrown at us by our child everything became super easy for all parties involved in sleep time. We no longer experience any dinnertime grumpy behavior or morning tiredness. His teacher noticed a difference after one week without knowing how sleep patterns had successfully changed. Katie did a wonderful job and I would definitely recommend her to anyone having issues (even minor issues) with their little precious strong willed cutie."

-Kristin, mom of a 3 year old

"My Husband And I Also Regained Much Needed Alone Time In The Evenings"

"Our 4 month old daughter was a pretty good sleeper at night until she started rolling over. She was still being swaddled and it was no longer safe

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because she kept trying to turn onto her tummy at night. This is also the reason why she started waking up every 2 hours.

Furthermore, her naps weren't very long. She would always wake up right after 35 minutes. That meant no sleeping when the baby sleeps as they always say. With Katie's help our baby was able to lose the swaddle and co-sleeper she had been sleeping in in her crib and her naps began to lengthen.

My husband and I also regained much needed alone time in the evenings since Katie suggested an age appropriate early bedtime. I wasn't sure about this at first but it turned out that our daughter wanted it and after only a couple of days she was sleeping from around 6 or 7 pm, until around midnight when she woke for a quick snack and then went right back to sleep until 7 am.

During the 2 weeks of sleep training Katie was always available via text or email which was very helpful. It was good having someone else to go through the process with.”

–Mom to 4 month-old Isla

“Our Sleep Training Experience With Katie Was Wonderful”

“Elise was having trouble putting herself to sleep, beating her head against her crib every night. She was waking up multiple times each night and would cry for hours if we let her. Naps were hit or miss and I never knew what her schedule would be each day because sleep each night was different. Our sleep training experience with Katie was wonderful! We were able to get Elise on a schedule with her naps and bedtime. She now goes right to sleep when we lay her down. We are on track to getting full nights of sleep every night! Working with Katie was a pleasure. She was very personal and took time to make a personal plan to fit our family. She was willing to help whenever we needed and walked us through every step.”

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-Sarah, Mom to Elise 18 Months

"She's Kind And Responded With Patience and Compassion"

"Thanks to Katie from Anytime Sleep Consulting our daughter 11 months (at the time) started taking her naps again. She was doing great and then all of sudden, stopped taking the afternoon one, or it was very short. It was 3 weeks + of doing the same routine and wondering why this was happening. Katie decided to make a few small changes and reconnect over 10 days. I'm proud to say, she went back to napping at her regular times and there were no problems. She also had a great FB page where she answers questions and helps people out. Would highly recommend her to anyone having any sleep issues with your little ones :) She's kind and responded with patience and compassion."

-Kinga, Mom to Juliana, 11 months



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Contact Katie Kovalski

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