Better Sleep Starts Young.

Sleep education for preschoolers, elementary school children, parents, and educators.

Children do not arrive at school with identical sleep needs, routines or home environments. Sleep Like the Pros™ brings developmentally appropriate, evidence-informed education about sleep, development, learning, emotional regulation and daily functioning to school communities.

SLEEP LIKE THE PROS™

Sleep Like the Pros™: Little Bodies, Big Sleep Needs

Early childhood, ages 3–5. For preschool classrooms, early learning centers and childcare organizations. Simple explanations, visuals, stories and participation create an engaging, interactive format.

Young children's topics

- Why growing bodies and brains need sleep
- Daytime and nighttime routines
- Recognizing sleepiness and tiredness
- Building predictable transitions
- Age-appropriate sleep habits
- Talking about sleep and rest

Sleep Like the Pros™: Better Sleep for School-Age Kids

Ages 5–7, kindergarten through early elementary school. Interactive, age-appropriate learning connects sleep with learning, play, mood and growth.

School-age topics

- What happens when we sleep
- How body clocks work
- Routines that prepare us for sleep
- Daytime activities and nighttime sleep
- Recognizing when we need rest or help

One imperfect night is not presented as a threat to a child's health or performance. No individualized sleep assessment or treatment is included.

WAYS SCHOOLS CAN PARTICIPATE

School Workshops

Age-specific classroom or grade-level educational sessions.

Family Education Events

Evening or virtual presentations for parents and caregivers.

Educator Professional Development

Dedicated sessions for teachers, school administrators and childcare staff.

Parent & Educator Q&A

Standalone or add-on educational discussions.

Community Program Packages

A coordinated combination of student, parent and educator sessions.

About Dr. Mason

Christine Mason, PhD, DBSM is a health psychologist and board-certified in behavioral sleep medicine. Her work spans clinical care, clinical program design, digital health, education and consultation.

Explore the programs at sleep-change.com/programs

Bring Sleep Like the Pros™ to Your School

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School, family and educator education can be combined in a proposal that fits your community. Adult sessions connect developmental sleep science to practical routines, classroom observations and family conversations.

Bring the Adults Into the Conversation

Paid parent education can accompany school programs or stand alone, virtually or in person, subject to scope and scheduling.

Bedtime Without the Battle

Practical approaches to routines, bedtime resistance, transitions and family expectations.

Understanding Children's Sleep

Developmentally appropriate sleep needs, routines, common challenges and when to seek evaluation.

Ask the Sleep Psychologist: Parent Q&A

Moderated educational discussion of common sleep questions, without individual diagnoses or treatment recommendations.

Education, not clinical care

Group sessions do not provide individualized diagnoses, assessment or treatment recommendations. Families seeking clinical care should use the Sleep Clinic pathway. Standardized programs remain distinct from customized speaking engagements.

Educator and school staff education

- Sleep-related classroom behavior and attention
- Age-appropriate sleep needs
- Communicating with families about sleep
- Supporting consistent routines
- Recognizing when evaluation may help
- Sleep and educator wellbeing

Professional education does not carry continuing education credit unless that credit is formally approved.

Fees and booking

School, parent, and educator programs are offered as paid educational engagements. Pricing is based on audience size, number of sessions, delivery format, customization, and location. Schools and parent organizations may request bundled proposals.

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