



# Family Benefits

**SleepWellBaby educates and empowers parents to become their child’s sleep expert. Ensuring employees get back to work sooner, healthier, and well-rested.**

## The baby whisperer in your pocket

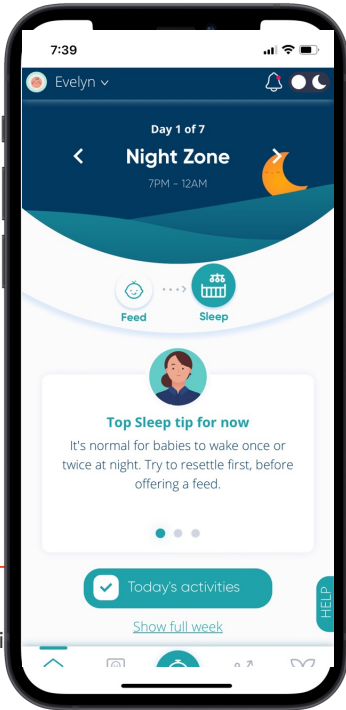
Targeting cutting edge research and the proven approach that helps more than 60,000 babies and toddlers every year into a digital program that ensures parents are equipped with expertise, guidance, and mental health support 24/7.

## Powerful results

We support parents with clinically validated knowledge, developed by real nurses available 24/7 directly from your pocket. Ensuring parents return to work sooner, well-rested and with parenting confidence.. Parents also feel mentally healthier, experience more sleep, are more present and productive at work, and lower absenteeism.

## SleepWellBaby Features

SleepWellBaby has developed an intuitive smart planner to ensure parents can plan their day and predict their little ones’ needs by understanding their natural rhythm. SleepWellBaby also features a detailed toolbox of clinically validated resources, as well as meditations and white noise for both you and your little one. Through the digital nurse, parents are taught how to read and respond confidently to their child's cues and overcome challenges. Daily bite-sized learnings in sleep and settling, child development, feeding and nutrition, etc.



**70%**  
Of families see positive change after just 7 days of using the program

**20%**  
Of new moms and 10% of dads are affected by postpartum depression and anxiety

**24/7**  
Support and clinically validated knowledge developed by real nurses