

# Case



# Study

## "My child was a cat napper"

My daughter was an awful sleeper, she never slept all night, and her naps just seemed constant throughout the day. I thought the napping was ok, because she was getting sleep in the day, albeit in lots of small bits.

The night time waking was making me exhausted, I had never felt so rubbish, I wasn't being the mummy I wanted to be because I was so tired I couldn't focus on anything, let alone spend time with my husband.

I tried so many things, but nothing worked and the more I tried and failed the worse I felt.



I had always dreamt of being a mummy and now I had this amazing little bundle I couldn't understand how I was getting it so wrong!!!!

I found The Little Cherry Tree through a facebook ad, and joined the Sleep Week group. It was great seeing lots of information, and Chris was great at answering everyone's questions. She did explain how she works on the individual family needs and so I knew I needed a 1 to 1 with her to really fix the problems we were having.

# Case



# Study

## "I wanted my bed back"

Once I got the questionnaire, just writing things down really helped. When we got to have our skype call it was so helpful. We talked through everything and Chris asked some more questions. She also made me realise I wasn't doing anything wrong, that I was putting so much pressure on myself.

We made plans and I started them the very next day. I hadn't linked the cat napping to the wakeful nights. Chris told me to work on the naps and the nights would improve. I was willing to try anything. Once I had tracked the naps and we put more structure in place the naps were spaced much better. Lois was still cat napping but I felt I had more control. The next step was encouraging longer naps. The techniques she gave me helped and it took some trial and error but now we have one amazing nap and two shorter ones. The best bit? She only wakes once a night, so I am having the best sleep I have had in 7 months!!! It has been worth every penny!!!

