

Hi <insert name>,

In this Email, I will reveal exactly what you need to know to help your baby sleep better...

Right now, your little one is probably entering the sleep regression stage.

Your friends and family warned you about this...

"Do this!" and "Do that!", and "Make sure you remember this part", blah blah blah.

And naturally, you followed their advice.

You became proactive and tried to nip this in the bud before it started.

Nothing you did worked.

Now, late nights and early mornings are leaving you exhausted.

This whole situation is consuming your life.

Your partner spends their lunch break reading blogs and forums, looking for that quick fix.

Hoping it's a miracle solution.

There is one thing about babies' sleep that most people don't understand...

One size doesn't fit all.

Here's the deal <insert name>...

You need personalised tools for a personalised problem.

Once you do this,

You will have your little one sleeping quickly, easily and for a long period of time.

Imagine in just a few weeks...

Your baby has been fast-asleep for an hour.

You're pouring yourself a glass of wine.

Cuddling up on the sofa.

Equipped with everything you need if sleep regression was to raise its ugly head again.

Right now, you can get a 1:1 call with me to drill down and inspect your little one's situation.

The first step on the road to getting your life back.

Improve your child's sleep today and book a 30-minute discovery call [Here!](#)