



COURTNEY ZENTZ

SLEEP SPECIALIST & FOUNDER OF TINY TRANSITIONS

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GET TO KNOW ME A LITTLE MORE!

AS A SLEEP SPECIALIST, I WORK INTIMATELY WITH FAMILIES AROUND THE WORLD TO TEACH SLEEP HYGIENE TO CHILDREN AND ADULTS OF ALL AGES, SO THAT EVERYONE CAN BE AT THEIR BEST.

IN ADDITION, I AM A CERTIFIED LACTATION COUNSELOR AND POSTPARTUM CARE SPECIALIST, WORKING WITH NEW MOTHERS AND FATHERS AFTER THE BIRTH OF A CHILD TO HELP EVERYONE MAKE A SMOOTH TRANSITION INTO PARENTHOOD AND BE THE BEST VERSION OF THEMSELVES.

SLEEP FOR YOUR EMPLOYEES

- 1-ON-ON PRIVATE SLEEP COACHING
- VIRTUAL GROUP COACHING
- EXPECTING PARENT CLASSES
- ON-SITE SLEEP HYGIENE WORKSHOPS

DO YOU HAVE A CONFERENCE, LIVE EVENT, CORPORATE RETREAT, SEMINAR OR SUMMIT THAT YOU WOULD LIKE ME TO SPEAK AT?

- LOCAL & ONLINE CONSULTATIONS
- LUNCH & LEARN EVENTS
- EVENING CLASSES
- TRAVEL TO CORPORATE RETREATS
- CUSTOMIZABLE SUMMITS

WHAT LACK OF SLEEP COSTS COMPANIES

- \$2,280 PER EMPLOYEE ANNUALLY
- 11.3 DAYS OF LOST PRODUCTIVITY ANNUALLY
- 45% OF US EMPLOYEES SLEEP LESS THAN THE RECOMMENDED 7 TO 8 HOURS OF SLEEP EACH NIGHT
- 3 TIMES MORE LIKELY TO GET SICK (I.E. MORE TIME AWAY FROM WORK)
- IMPAIRED MOOD, JUDGEMENT & FOCUS
- 72% OF MANAGERS SITE TROUBLE FOCUSING DUE TO LACK OF SLEEP
- INCREASED CORPORATE HEALTHCARE COSTS