Pampered Sleep
Pediatric Sleep Consultants

Pampered Sleep Pricing



1

Complimentary Discovery Call — Free (15 Mins)

- A friendly, zero-pressure conversation to discuss your baby's current sleep challenges, answer your questions, and determine the best path forward for your family.
- 15-minute phone or video consultation
- Overview of your baby's sleep goals
- Package recommendation to match your needs

Free
(15 Mins)

2

Sleep Troubleshooting Call — $129

- Ideal for parents facing a specific hurdle (nap transitions, schedule adjustments, daylight saving, or a sleep regression) who need quick clarity without an ongoing package.
- 45-minute virtual coaching session (phone or video)
- Targeted troubleshooting and actionable next steps
- Summary wrap-up email

$129

3

Virtual Guided Check-Ins — $399

- Designed for families who want structured coaching, verbal guidance, and steady accountability over time. (Note: This package does not include a customized written sleep plan.)
- 45-minute initial intake video call to assess sleep challenges and map out recommendations
- 2 x 30-minute follow-up calls to review progress and adjust schedules
- Email support between sessions (responses during business hours: 12:00 PM – 8:00 PM)

$399

4

Most Popular

Full Virtual Transformation Package — $569

- Our signature, full-service virtual coaching designed to teach independent sleep with daily support, complete clarity, and zero guesswork.
- Comprehensive sleep assessment covering your baby's temperament, feeding rhythms, schedule, and environment
- Fully customized, step-by-step Pampered Sleep Plan (PDF) tailored specifically to your baby
- 45-minute initial intake call
- 15- minute call to review sleep plan
- 2 weeks of direct daily text and email support during business hours (12:00 PM – 8:00 PM)
- Shared virtual sleep journal with personalized feedback and adjustments
- 2 x 30-minute follow-up calls (to be used during the 2 weeks of coaching on the week immediately following)

$569
(Most Popular)

5

VIP In-Home Support — $1,299 (Local South Jersey)

- Hands-on, in-person support to evaluate your nursery setup, guide bedtime routines live, and give your family complete confidence.
- Comprehensive sleep evaluation & fully customized Pampered Sleep Plan (PDF)
- 45-minute virtual intake call prior to the visit
- 15-minute vitual call to review sleep plan
- One 4-hour in-person evening session in your home (nursery safety assessment, bedtime routine coaching, and live cribside support during sleep placement)
- 3 weeks of direct daily text and email support during business hours (12:00 PM – 8:00 PM)
- Shared virtual sleep journal with daily comments and schedule tuning
- 2 x 30-minute follow-up calls (valid to use anytime within 30 days of your in-home visit)
- In-person travel included for Atlantic and Cape May Counties (locations outside these counties are welcome with an additional per-mile travel fee).

$1,299
(Local South Jersey)