

Sleep Consultation by PLAYFUL CHAOS

Service	服務	Enquiry FREE	Basic \$2,300	Comprehensive \$6,000
15 Minutes Enquiry Call <i>In this call we will briefly discuss the sleep challenges that you are facing and I will advise the most suitable service. You may also learn more the process of sleep coaching and how will I support you.</i>	15分鐘 電話諮詢 瞭解家庭正在面對的睡眠挑戰，瞭解諮詢服務詳細以及執行方式。	✓	✓	✓
Pre-Assessment Evaluation <i>Before we meet for a 60 minute consultation, you will complete a sleep questionnaire for review.</i>	初步分析與評估 家長需填好一份詳盡的問卷，讓諮詢師作出分析與評估。		✓	✓
60 Minutes Consultation (phone call or video call) <i>Based on the questionnaire, key issues will be identified and will advise how to address them.</i>	60分鐘網上或電話諮詢 分析問題及提供解決方式，引導如何作出調整。		✓	✓
Sleep Log Analysis <i>3 days of sleep log analysis to identify</i>	睡眠記錄分析 家長作出3-5天睡眠記錄，諮詢師作出深入分析，提供改良方式。			✓
Customized Sleep Plan <i>A customized sleep plan specific to your baby will be provided. This plan can be implemented by yourself.</i>	個人化睡眠計畫 提供全個人化的睡眠計畫書，讓家長能獨力實踐睡眠訓練。			✓

*包括30天的Whatsapp支援
*Includes 30 Days of Whatsapp Support

Add-on service

Follow Up Service - 2 weeks Whatsapp support <i>Extra support and guidance that may needed after implementation.</i>	兩週Whatsapp支援 適合需要特別跟進個案		\$1,900
Follow Up Service - 60 Minutes Call <i>Extra support and guidance that may needed after implementation.</i>	60分鐘網上或電話諮詢 適合需要特別跟進個案		\$1,000