

# Sleep Consultation by PLAYFUL CHAOS

Service	服務	Enquiry FREE	Basic \$2,300	Comprehensive \$6,000
<b>15 Minutes Enquiry Call</b> <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>	<b>15分鐘 電話諮詢</b> 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。	✓	✓	✓
<b>Pre-Assessment Evaluation</b> <i>Before we meet for a 60 minute consultation, you will complete a sleep questionnaire for review.</i>	<b>初步分析與評估</b> 家長需填好一份詳盡的問卷，讓諮詢師作出分析與評估。		✓	✓
<b>60 Minutes Consultation (phone call or video call)</b> <i>Based on the questionnaire, key issues will be identified and will advise how to address them.</i>	<b>60分鐘網上或電話諮詢</b> 分析問題及提供解決方式，引導如何作出調整。		✓	✓
<b>Sleep Log Analysis</b> <i>3 days of sleep log analysis to identify</i>	<b>睡眠記錄分析</b> 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。			✓
<b>Customized Sleep Plan</b> <i>A customized sleep plan specific to your baby will be provided. This plan can be implemented by yourself.</i>	<b>個人化睡眠計畫</b> 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14天的Whatsapp支援  
\*Includes 14 Days of Whatsapp Support

## Add-on service

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