



Successes Six Months and Older

The following are success stories – listed chronologically by the child's age – from other parents who are or have been clients of Sugar Night Night. *Titles in italic* are those currently featured on the website.

Six to 12 Months

Sleep-deprived family no more

"Jen has been an enormous help to me in sleep training our third daughter. From our first conversation and throughout our time working together, she emanated warmth, professionalism, and proactive steps to get our sleep-deprived family on the right track. Jen's sound yet flexible advice was tailored to my own goals and the unique nature of my family. She is a gem and I am so thankful I was able to work with her."

Erin

Mother of six-month-old daughter | La Jolla, CA

Sleep plan success

"I'd read a lot of sleep books and articles, so I had an idea of what was out there, but I was pretty overwhelmed when it came to consistently applying it to our six-month-old. Jen helped us sort through all the research and created a sleep plan that was developmentally appropriate and was something we felt comfortable implementing.

"Most importantly, she was only a phone call away when I needed confirmation that we were doing the right thing, our baby was normal, and we would eventually succeed. Her background and past experiences working with other families meant that she was able to provide examples of how different methods had worked, and hearing how other people had dealt with similar challenges helped us get through when we didn't know if we would get to the other side of these sleep issues. It took a while, but I am so glad to say that sleep is no longer a battle, and all three of us are so much happier!"

Tali

Mother of six-month-old daughter
San Diego, CA

A sleep plan we can stick to with success

"As first-time parents, we were having an extremely difficult time figuring out how to help our little girl sleep better, both at night and during the day. We called Jen when we were really at our breaking point, exhausted and frustrated with our inability to remain consistent and identify an action plan. Jen immediately set us at ease, assuring us that there was a way to help our daughter sleep better and that the plan didn't involve us being out of the room while our little

one cried herself to sleep. After meeting with us, Jen was able to identify a plan of attack and with her constant support and reassurance, we were able to stick to that plan and teach our daughter to sleep like a champ.”

Erin

Mother of six-month-old daughter | San Diego, CA

Group coaching is “magic” – not a sleep book – at 3am

“As a recent graduate, I can say this was the best thing I've done for our family. I had only hoped but did not believe that my spirited little one could ever be able to lay her head down and just fall asleep on her own... and stay asleep! But she does. Thanks, Jen! I never ever could have had this kind of magic without your help. I tried. And reading sleep books at 3am did not work. But Sugar Night Night did!”

Kristy

Mother of six-month-old daughter | Sarasota, FL

First-time parents now sleeping baby champs

“As first-time parents, we were having an extremely difficult time figuring out how to help our little girl sleep better, both at night and during the day. We called Jen when we were really at our breaking point, exhausted and frustrated with our inability to remain consistent and identify an action plan. Jen immediately set us at ease, assuring us that there was a way to help our daughter sleep better and that the plan didn't involve us being out of the room while our little one cried herself to sleep. After meeting with us, Jen was able to identify an attack plan and with her constant support and reassurance, we were able to stick to that plan and teach our daughter to sleep like a champ.”

Erin

Mother of six-month-old daughter | San Diego, CA

Wish sweet sleep for second baby had been available for first child

“I make wonderful babies but included in their many gifts is NOT an innate ability – or even easily learned capability – to sleep! My son, now three, did not respond to any of the many books or even take well to individualized sleep coaching until he was well over a year and we were all so exhausted we could hardly function. This was before I met Jen.

“When pregnant again, I looked forward to everything but the sleep struggles. I could not do that again. I spent months researching and interviewing and finally settling on Jen because I could tell she truly cared, had a gentle approach, and was really committed to modeling the method after the child. Thank goodness I chose well! My second was also an anomaly – who also had the misfortune of getting sick or us traveling just as she would start to get it. Jen never gave up on us and continued to reshape her method depending on my baby's responses.

“At 12 months, she is sleeping almost through the night – 7pm to 4am or 5am generally – and then quick feed and back down until 7am! She also naps for a solid three to three and one-half hours a day, self-soothes peacefully down for sleep, and is so happy and rested. I will be forever grateful for Jen's compassion and dedication. My only regret is that my oldest could not benefit from Jen's coaching. While he did eventually find his way and is a good sleeper now, I really wish he had experienced Jen's more gentle approach to teaching him to sleep rather than us resigning to one hour of screaming self-soothing for a week straight (at the advice of our last consultant when all else failed). It is because of Jen and her dedication to getting my baby and my family more sleep, that I can write this testimony without blurry eyes. Let me tell you that teaching my baby to sleep was no easy task but Jen never gave up on us!”

Gabrielle

Mother of six-month old daughter | Austin, TX

The gift of sleep

"When I called Jen at Sugar Night Night, I was in the middle of a 12-hour shift in the ICU after having had two hours of sleep the night before with my seven-month-old. During the awake hours of that night I had tried to sleep, I had cried, I had not been super nice to my wonderful husband and we had succumbed to the fact that "we needed professional help.

"We started our sleep training journey when my son was four months old after taking some tips from our doctor and various friends. During that trial period, our son had gotten his first two teeth and screamed for many hours. I felt horrible and was sure nothing would work. When we started with Jen, I was optimistic (because I really needed sleep) but I was not very confident that it would work. Jen listened to the struggles we had faced and then, over the course of a few weeks, guided us and gave us the tools to help Wesley learn to sleep.

"After some "getting ready" work before we launched the official training aspect, I could already see some very positive changes in our routine and in our son's sleep habits. Then, the big launch of "the shuffle" began. I was SO nervous that we would have to endure many nights of crying. Not the case!! The method that Jen felt was right for our son worked so well. The work we all did was not without its difficulties and hard moments but the whole time I felt that the way we were teaching our son to sleep was supportive and loving. We had a few setbacks at the beginning and there were times when I was losing hope but Jen held onto that hope for us and encouraged us to keep up the good work. Our son is an early riser (like his mama) and after a few adjustment to our schedule Jen has given us the gift of sleep."

Tezra

Mother of seven-month-old son | Cardiff by the Sea, CA

A pediatric nurse's referral

"I can't even try to explain my gratitude, appreciation and love for Jen! She saved my life. I had bought books, done research on baby sleeping but nothing worked for my family. My pediatrician's nurse referred me to Jen. I called her and right away I knew I was going to be okay.

"My eleven month old learned to sleep in her own crib and eliminate night feedings. I learned so much from Jen. I knew that my method and the crutches I had created were not healthy or ideal for our family to function. It has been truly a blessing for us. It was challenging and at times I felt like giving up but with Jen by my side, I reminded myself it was going to be okay and it was. My entire family is now sleeping! Oh, and it has been great. Thanks, Jen, for EVERYTHING!! God blessed us."

Evelyn

Mother of seven-month-old daughter | Oceanside, CA

Personalized coaching quicker than book learning

"Thank you very much for all your help and guidance in sleep coaching our eight-month-old son Paul. The night before our first session with you, my husband and I had been up for two hours, trying to calm our son down and trying to put him back to sleep with no luck. Before we started working with you, we had many nights like that, where we were up with Paul anywhere from one to two hours every night, and then getting up the next morning to go to work and trying to carry on with our day. You can imagine the exhaustion and stress we were dealing with every day. It was really taking a toll on our lives.

"Before learning about Sugar Night Night, I had read several books about baby sleep and sleeping habits, and for a few months we were doing great. I don't know where we went wrong exactly, but we were at a point where we were too exhausted to think clearly and apply what I knew to help our son.

"From the beginning, you gave us a personalized plan based on our family dynamics and our son,

which you helped us adjust as we were working together. I am sure we would not have been able to obtain such a detailed and personalized plan from any book. You also gave me the confidence to be able to do all the hard work that sleep coaching involves, and the knowledge and reassurance that allowed me to handle the different situations that came up at bedtime while I was working with Paul. One of the best things about working with you is that I saw results and positive changes almost immediately. I remember being amazed about how quickly our son adapted to the plan you designed for him and how it worked.

"Two months after concluding our work with you, we have been through teething, a cold, and a very nasty ear infection. I expected that our son's good sleeping habits would be completely disrupted, and that I would have to do a lot of re-training. To my surprise, by applying what I learned during our coaching together, I was able to attend to and respond to our son during the night in such a way that he was able to sleep through those rough nights, and as soon as he got better he went right back to being a good sleeper.

"I will always be very thankful for and appreciative of all your guidance, encouragement and for taking a genuine interest in helping the three of us! I think being a parent will always be exhausting, but there is a BIG difference between being a tired mom that sleeps at night and a tired mom that gets no sleep at night!

Lily & Michael

Parents of seven-month-old son | San Diego, CA

Sleep training plan results in well-rested baby

"We can't thank Jen enough for all of her help and guidance in sleep training our seven-month-old daughter. Once our daughter hit six months, our previous sleep routine stopped working. She no longer fell asleep peacefully while nursing. No matter how much rocking, nursing, bouncing or patting, our daughter would take up to two hours to fall asleep, with many tears. We knew we needed to learn new tools to help our daughter sleep. We attended Jen's sleep workshop and instantly knew that we wanted to work with her.

"After meeting with us to learn about our situation, she helped us understand what was causing our daughter's sleep troubles. Jen developed a thorough plan that was both easy to follow and individualized to our family's needs. Not only did Jen get our baby to learn to sleep on her own, but also our daughter went from waking up three to four times a night to sleeping through the night. We have never felt so rested and we now have a happy, well-rested baby. Thank you, Jen! You are a miracle worker!"

Delyssa & Josh

Parents of seven-month-old daughter | San Diego, CA

Fussy, frustrated baby now happy and energetic with 12 hours of sleep nightly

"Weeks before seeking help, our baby boy had a febrile seizure that terrified our family. During that time, we felt thankful he was so attached and co-sleeping with us. Over time though, my anxiety took over keeping me from sleeping. When we reached a breaking point, beyond attempting our own trial and error of sleep training, we came across an advertisement for Jen's class at Birth Education Center of San Diego. We were skeptical and unsure of what she does exactly, but we knew something had to change in our home.

"During our initial phone call, Jen discussed what she had to offer and we knew she was going to be able to take care of us. We had a very determined, strong-willed and attached seven-month-old boy who wouldn't sleep unless he was nursed and/or touched and held, but also we have a loud, energetic and also attached three-year-old girl. Our entire family was sleep deprived. But, because our baby boy was so exhausted, we were all working to get him to sleep and failing every time. Two

months later, our boy falls asleep in his crib on his own and sleeps for 12 hours, with two 10-minute feeds at night.

"Not only does Jen know what she's doing, but we felt that she truly cared and was invested in helping our family. We really can't thank Jen enough for the hard work, dedication and kindness she's given our family. After such a traumatic experience with our son, I thought I would sleep with him forever. I knew that needed to change for both of us to ever sleep again. Rested, our son is a totally different baby. He used to be visibly exhausted, low energy, fussy, and frustrated. Now we can set him down with his sister to play and he has energy that we've never seen from him. He's happy, healthy and charismatic. Getting the sleep he needs, he is showing us his true personality and we love every minute. Forever grateful."

Margaret

Mother of seven-month-old son | Beaufort, SC

Never felt so rested

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Delyssa & Josh

Parents of seven-month-old daughter | San Diego, CA

Nights of sweet sleep a dream come true

"Thank goodness we found Jen! Before we started working with her, our eight-month-old needed to be nursed back to sleep somewhere around four to five times a night, and she would often wake as many as eight times each night... and cry until she was picked up. In addition to that, my husband was out of town for work most weekdays, and I was alone, going on one- to two-hour sleep increments. It was absolute torture and it seemed like nothing that we tried was working.

"Jen was an amazing support system – so understanding, and really kept us headed in the right direction. Jen just continued to promise that hard work would pay off, and although there were many hard nights and several occasions where we wanted to give up, in the end it paid off and we have our lives back! Now bedtimes are a dream come true. We never thought we would be here!"

Erin & Kashaka

Parents of eight-month-old daughter | San Diego, CA

Help in the now and for the future

"Our eight-month-old daughter had trouble sleeping since she was born and was waking up numerous times at night and also not napping well. She was, and is, very active and fights sleep like crazy! We tried the Ferber method on our own, and although it worked at first, it didn't stick and we were back at square one. With us both being working parents, we were exhausted.

"We sought to find a sleep consultant and after a few interviews, we found Jen to be on perfect

ground. She employs gentle techniques with an understanding that sometimes patience with some crying is necessary to get results, and that was just what we were looking for. It was a long journey with many ups and downs, but our daughter is finally sleeping better and through the night. Jen was very patient and accommodating with us and we were very impressed with her skills. She also armed us with the knowledge and skills to deal with any sleeping issues that our daughter may have in the future and we are most thankful for that.

"If your baby is having trouble sleeping, if your baby needs to learn to sleep on his or her own without any crutches, or if you just want to arm yourself with methods and information to help you address issues that may arise in the future, we highly recommend Jen."

Kandus

Mother of eight-month-old daughter | Point Loma, CA

Hard work pays off

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Erin & Kashaka

Parents of eight-month-old daughter | San Diego, CA

Top seven reasons Sleep Talking Tuesday is a win-win for baby, mommy and family

"Jen is so sweet at celebrating and recognizing the small bits of progress. Lo and behold, we have made some progress. Last night we had zero awakenings and only dream feeds. Now if we can repeat that tonight, I might do a victory dance. I really think he was sleep deprived and had nothing left to learn his self-soothing skills. My rested baby is not so needy and desperate for me to hold and comfort him.

"So, here are reasons why I needed this workshop and why I recommend it to others:

- The group setting has been great. It's almost like a support group. You know there are other moms out there with similar troubles, but to meet them and talk to them is so helpful. This is funny for me because I'm normally not a support group person.
- The engineer in me liked the technical piece of the sleep log and the technical feedback Jen would provide. Her answers and feedback were factual from research and experience; they weren't just pulled out of a hat
- I love the individual solutions we get, as our situations are individual. There is no one-size-fits- all approach.
- I was so sleep deprived I felt I couldn't do the research and the reading to help myself. I needed someone to "spoon feed" me. This is new for me, since normally I'm a reader and researcher.
- Jen always has solutions, even when I thought there were no solutions.
- It was/is hard for me to know where to put my baby's sleep on the priority list. I'm still struggling with this and finding balance between siblings and responsibilities to the house and my job. Despite my personal struggle with this, Jen continued to find a way to help me and push us forward.
- Jen offers such kind words, sympathy, support and ultimately help for us sleep deprived mommies!"

Tricia

Mother of eight-month-old son | Carlsbad, CA

From rock bottom to rock-a-bye baby

"Our eight-month-old son was waking up every hour and we were close to rock bottom when we reached out to Jen from Sugar Night Night. Her approach and coaching was very pragmatic and fully adapted to our specific situation and needs. Jen gave us the necessary tools and helped us focus on turning the situation around. Already after a week, our son was sleeping much better. Today we're in a much better place thanks to Jen. She really helped us."

John & Barbara

Parents of eight-month-old son | San Diego, CA

Goals reached with little to no crying

"Our eight-month-old was waking up between five and 10 times per night, and only napping an hour a day. We still hadn't moved him from our room to his crib because we were afraid we wouldn't be able to handle going to his room that many times in the night. He was used to being nursed and rocked to sleep, and only napped in his swing or in the car. We were desperate for help, but didn't know where to turn. We also knew we didn't want to use the cry it out method, and reading sleep books didn't seem to provide enough step-by-step guidance for us.

"That's when we met Jen from Sugar Night Night. After speaking with her for an initial consultation, we felt confident that her method could help us, so we started working with her the following week. We were amazed to learn how sleep deprived our son was, but to our surprise he adapted to Jen's new sleep schedule right away. We worked on gradually removing our many sleep crutches, one by one, and soon he was happy to go to sleep on his own, without nursing or rocking. Jen was a constant support for us and was always so encouraging.

"By the third week of coaching, he was going to sleep in his crib, and only waking once a night! He also began napping for at least three hours per day, which increased his daily sleep total from 11 hours to a much healthier 15. And, we are proud to say that with Jen's method, he never cried it out! I never thought we'd be able to reach our goals with little to no crying, but Jen's method is so gentle that he was actually happy to participate. Without Jen's support, I know we'd still be struggling. She changed our lives for the better, and we can't recommend her enough!"

Sarah & Matt

Parents of eight-month-old son | Carlsbad, CA

Cutting through "infant sleep conflicting info" overload

"I cannot express how much my family and I appreciate Jen Varela and her sleep services. It is not an exaggeration to say she saved our family! I don't need to tell you how devastatingly hard sleep deprivation can be on a family. I truly was starting to feel helpless.

"As a new mom, I was overwhelmed by all of the conflicting information available surrounding infant sleep. The thought of allowing our daughter to cry it out was not an option. So, I figured our only option was to dig in and just deal with the multiple (and loong) night awakenings. However, I also struggle with anxiety and the lack of sleep was affecting my ability to be the mom I wanted to be for my daughter. We desperately tried a few methods on our own but when nothing worked, I contacted Sugar Night Night. I figured Jen could help us but I could have never predicted how life changing it would be.

"We went from nursing and rocking the baby to sleep, popping in a pacifier, four-plus night awakenings throughout the night, and hours of rocking and nursing in the middle of the night, to a baby who puts herself to sleep in the crib and puts herself back to sleep throughout the night. I am so proud of our little girl and I am so happy she has gained the skills necessary to self-soothe and get the restorative sleep she (and we) need!

"I also appreciate the way in which Jen worked with us. She was so patient and supportive, even when we were really struggling. She's incredibly professional and amazing at what she does. It's so wonderful to work with someone who loves her job and is so good at it!

"I simply cannot recommend her enough. I sing her praises to every mom that I meet! I never would have believed what was possible before working with her, but I am so thankful."

Skye

Mother of eight-month-old daughter | San Diego, CA

Sleeping baby means better self-care for us as a couple

"Thanks to Sugar Night Night, sleep – and the lack thereof – isn't the hardest part of having two young children anymore!! Thank you for your patience, confidence, understanding, calmness, persistence, support, and encouragement through the sleep training process. Now that our little gal has been putting herself to sleep and sleeping through the night, our lives have changed drastically! I know that sounds dramatic, but it's the absolute truth.

"We are happy, more fun to be around, and have more energy. We're taking much better care of ourselves (because we are able to!) and we have predictability and structure back in our lives. It's amazing how much chaos leaks into every aspect of your life when you aren't sleeping, thus, aren't able to take care of yourself the way that is necessary to thrive.

"We know our family was probably not the easiest to work with, due to my husband's non-traditional working schedule as a firefighter. You were happy to work around that with us and support us, knowing that if we were willing to put in the work, the results would speak for themselves. Thank you for your unwavering support and for being gentle with us when we needed it (especially during the setbacks of sickness, my husband being gone on a two-week fire assignment, etc.) but firm in you urging us to press on and keep going. We appreciate you more than you'll ever know!"

Sarah

Mother of nine-month-old daughter | San Diego, CA

Extra rest for the entire family

"We just wanted to say a huge thank you to Jen Varela of Sugar Night Night! I sit here writing this as my 11-month-old sleeps peacefully...in his crib, with zero tears! It wasn't long ago that we spent our nights co-sleeping, feeding on demand, and unsuccessfully trying different versions of Ferber method and cry-it-out.

"We are so happy we found Jen. We didn't know what else to do and the lack of sleep wasn't good for anyone! My husband was ready to do full-on extinction method and I couldn't bear to hear him cry for hours. Jen was a miracle worker and found a middle ground that worked wonders! We followed the routine she created for us and worked super hard and the hard work definitely paid off!

"He no longer co-sleeps with us, he is in his crib for nighttime with no tears. And just this week, we tackled first nap of the day and he has been sleeping for 1.5+ hours daily in his crib with minimal crying (as in less than one minute) to zero crying! We could not be happier. The whole family is thankful for the extra rest!"

Stephanie

Mother of 10-month-old son | San Diego, CA

From alert-quirk exhaustion to pleasant personality

"After 11 months of sleepless days and nights, our family was just existing. My husband and I plodded through every day with overwhelming fatigue and despondency, and our beautiful baby was constantly crabby, crying, and just as sleep deprived as we were. We had tried every method

available (a year's worth of sleepless nights gives you ample opportunity to research all options), and even the dreaded cry it out. Nothing worked. Period.

"We found Jen through a friend's recommendation, and thus started reclaiming our lives, literally. Our baby, we found, is not some aberration of nature, but is, in fact, just a highly alert baby that makes it harder for him to wind down. Jen was able to give us a solid, realistic plan that we could stick with. The best thing was that one size didn't fit all. While there were some staples of the training, Jen was able to individualize a plan that worked for our lifestyle and baby's personality. Our baby had some unique personality quirks that she was very successfully able to navigate.

"Most importantly, Jen made us feel relevant in the process while still maintaining a comforting and steadfast presence. No matter how out of control we felt at times, she was always there to calm and redirect; so, so important when you're in the thick of things! Sleep has become less elusive and we are able to enjoy life as a family. Added surprise: Given proper sleep, our baby's beautiful personality has finally been able to emerge, a personality we hadn't seen for the first year of his life. That is worth everything! Thank you, thank you, Jen. We are one grateful family!"

Penelope

Mother of 11-month-old son | San Diego, CA

One-hour Gentle Sleep Basics workshop does the trick

"Jen, I can't begin to thank you enough for your advice during your workshop. I was the mom that came up to you at the end nearly in tears about my 11-month-old. We started sleep training nine nights ago and I am now able to put him in his crib with no tears. He puts himself to sleep and stays asleep ALL NIGHT. I am so grateful. Sending you my sincerest thanks."

Miranda

Mother of 11-month-old son | San Diego, CA

13 to 23 Months

The power of patience

"You are incredibly understanding and calm and truly wonderful at what you do... Thanks for being so patient with me. Life is soooooooooo much easier dealt with when one is rested."

Kirsten

Mother of 16-month-old son | San Diego, CA

Previous sleep coach couldn't do what Jen did

"I can't even describe how happy we are to have found Jen Varela. She is one amazing sleep coach. We were originally working with one coach and we weren't happy with the process. There were too many missed appointments as well as advice that didn't suit my daughter's temperament. We made some progress but we were stuck at the three- to four-hour mark when my daughter would wake every three to four hours.

"Finally, when she turned 18 months, we decided to give another sleep coach a try. We were so lucky to have found Jen. She identified the key issues right away and within two weeks my daughter was sleeping eight-plus hours. When we finally finished the process, my daughter was sleeping 10+ hours straight. We couldn't be happier! Thank you so much, Jen, for your professionalism & expertise."

Nichi

Mother of 17-month-old daughter | Palm Desert, CA

Why waiting until the right time to sleep train for me was right for my baby

"We never thought we would have to sleep train. We weren't against it, we just thought our baby would magically learn to sleep on her own like so many do. That wasn't the case at all. At nine months, our beautiful daughter was still waking every two hours at night.

"Our goal was always for her to sleep in her crib but when I went back to work from maternity leave I couldn't function. I was a zombie. She was waking so much at night that we decided to bring her in bed with us. I was able to nurse her and comfort her and not get out of bed. While I am so glad we had this bonding, it was a hard habit to break later on.

"I reached out to Jen and asked her to please help us. I was desperate. I thought that there was something wrong with our girl. Everyone else's baby has slept through the night, why hadn't she?

"Jen was so supportive and told me she understood why I bed-share and how it was the best option for my family at the time. We had our consultation with Jen and I was feeling really good about starting the shuffle. She was SO compassionate to my fears and worries and really made me feel like this was my decision. No pressure from her. I called Jen two days later and said I was having some doubts. She told me "that maybe this isn't the right time." She was right. I wasn't ready.

"My goal was always to breastfeed her to one year, and I was so worried that the sleep training would effect our nursing relationship negatively. Jen was amazing and said she understood. She didn't make me feel bad about "backing out." She told me I was a great mommy and when my mommy heart told me it was time, I would know it and she would be there for me.

"Fast-forward five months to my little girl being just over a year old. I contacted Jen again, letting her know our girl was still only sleeping in two-hour increments at night and now she was also waking right after falling asleep. Every night we would put her down and she would wake up 30 minutes later... EVERY SINGLE NIGHT. It looked like her sleep habits were going from bad to worse.

"I told Jen I was ready. She said she was, too. She spent another hour on the phone with both me and my husband to prep us for what we needed to do. The day before we were supposed to start sleeping training our entire master bedroom and upstairs flooded and caused a lot of damage. Once again, I told Jen the timing wasn't right. She was so patient with me, never giving up. She never acted like I was a pain, always that she would be here for us when we were ready.

"Fast-forward to 17 months old. Our girl was STILL waking every two hours and relying on nursing to be put to sleep. I was ready to sleep train and I was ready to wean. I told Jen I was ready, and she asked if I was sure. We had a long discussion about how it is okay to bed-share and that maybe that was the best thing for my family. I stayed strong and explained to her my goal.

"My goal was to have a baby who slept in her crib and didn't nurse all night. So I know what needed to be done. I was nervous but excited to sleep again. We started sleep training on a Friday night. My husband committed to the first three nights of training because we knew she would take it better coming from him.

"The first night she cried on and off for three hours. She wasn't scared, because my husband stayed by her crib the entire night. She was angry. She wanted to be in bed with us. She did finally fall asleep at 10:00 p.m. and slept until 3:30 a.m.!!!! That was the longest she has ever slept in her life!

"The second night she cried for less than 20 minutes and only woke up twice that night. It was amazing. By just being in her own space she slept longer. I was still getting up once to feed her, but the awakenings were so minimal I didn't mind. We would sit with her in her room until she fell asleep and then leave.

"The third night she cried for five minutes and then only woke up once to feed. By the fourth night we had minimal to no tears! And, she continued to only wake one time at night. I couldn't believe how quickly she had adapted to her new sleeping arrangement. We are now three weeks into sleep

training and we no longer sit in her room with her. We sit her in her crib awake and tell her to go "ni ni" and she puts herself to sleep. No tears, no protesting. Last night she was actually talking and playing alone in her crib.

"I have also noticed a huge change in her moods during the day! Since she is getting more sleep, she is so much happier during the day! A fear of my husband's was that she would resent him since he started the training. It is actually the opposite. She is so much closer to him now and it just melts our heart.

"Jen, thank you so much for your continued support and love. You have given me my sleep back, and helped me to make my daughter more independent, which is so important. This was the best choice we could have made.

"Everyone asks me if I wish I would have started sooner. The answer is always no. Timing is everything. I wasn't truly ready the other times and I know she would have sensed that. I was ready this time and she felt how secure I was about this decision and fed off of me. She was ready because I was :)

"I finally got to fill in the last section of her baby book "When did she first sleep through the night?" It felt so good :)"

Sarah

Mother of 17-month-old daughter | Vista, CA

Timesaving transitions to toddler's own room and bed

"We knew we were in the need of a sleep coach when we discovered that we were going to have baby number two, and our son who was 18 months was still co-sleeping with us. We had no idea of how to accomplish this, but knew we did not want to do the old fashion way of locking him in the room until he cried himself to sleep every night. We wanted to transition him into his own bedroom and bed with as little trauma for us all. Jen Varela helped us accomplish this. She did an in-home assessment and listened to our concerns and helped us establish a sleep plan as well as guided us through the corrective steps in accomplishing our goals.

"In the course of three months, we were able to transition our son to not only sleeping in his own bed, but being able to fall asleep without us in the room. Jen Varela's knowledge and ability to help us through some of the harder times was priceless. As a full-time working parent, with both my husband and I having busy schedules, her infinite knowledge on the subject saved us so much time and grief for the whole family. I highly recommend her services!"

Janis

Mother of 18-month-old son | San Diego, CA

From skeptical father to delighted dad

"As a Dad, I have to admit I was a disbeliever in the idea of hiring a sleep coach as I felt it is something we should be able to handle ourselves. Our biggest challenge was having our daughter wake up in the middle of the night and ultimately wind up in our bed every night. As much as I wanted to work through this on our own, I reluctantly agreed with my wife to go ahead and move forward with the program and I was amazed to see the immediate results.

"In our initial conversations, we were able to set up a clearly defined process with milestone markers along the way. This was excellent for me to have a clear expectation of where we should be along the way. I was so surprised at how my daughter caught onto the process and was able to settle very quickly into the routine. As a dad, I really appreciated Jen's patience and willingness to involve me in the entire process and keep me just as informed as mom! Before we even completed the program,

our daughter was already getting herself into bed and handling much of the work for us. What a pleasant surprise! I have found this training to be a sustained and successful process with minimal maintenance along the way. Essentially, if you continue the process even after completion of the course, it is a win-win for parents and child.

"I would highly recommend Jen and her program as it made our lives so much easier and got us sleeping normally again, much sooner than had we tried it on our own. I also think it taught mom and dad a thing or two about handling other child rearing situations and has given us more tools to work with as we continue on our parenting journey. Thank you, Jen, for everything!"

Kit

Father of 22-month-old daughter | San Diego, CA

Two Years and Older

Toddler who now sleeps

"I would like to thank you very much for your help. We have learned a lot from you and are happy with the results."

Greg & Evelyn

Parents of two-year-old daughter | San Diego, CA

Proper tools and techniques have baby sleeping

"Before meeting Jen, we were at a loss as to how to get our toddler to sleep better with fewer night awakenings and how to learn the ability to self soothe. Jen's gentle approach mirrored what we had in mind as our ideal but we did not have the proper tools to carry out that goal. After working with Jen and utilizing her techniques, we can joyfully say that our son is now able to self soothe which allows him to put himself to sleep at nap time and bedtime.

"A true professional and understanding coach, it is evident that Jen genuinely cares about the people she works with and she was ready and eager to see our family through the entire process. She tailored her program according to our family's needs and goals. We really could not have done this without her support, reassurance and encouragement. We give her our highest recommendation."

Erin & Danny

Parents of two-year-old son | Cardiff, CA

From desperate dad to stress-free father

"Before we spoke with Jen, my wife and I (mostly me) were in a state of insanity and desperation. Our two-year-old was waking up three times a night. Fast-forward one month later and putting him to bed is such a breeze and stress-free. No more night awakenings! Thanks to Jen, I can definitely say that my sanity is back and I can go back to functioning as a normal human being."

Mike & Rupa

Parents of two-year-old son | La Mesa, CA

Sleep coaching for two under age two

"Jen is an amazing sleep coach. With two children under two years old, Jen was able to make so many wonderful suggestions that changed the sleep habits of both of our children. We went from many sleepless nights to both of our children sleeping through the night. It was so helpful to have someone to help alter our schedules and sleep routines. I would highly recommend Jen to any family who is in need of more sleep. She made all the difference!"

Christie

Mother of 25-month-old daughter and six-month-old son | San Diego, CA

Attachment parenting attached to sleep coaching

"It is hard to believe that we are where we are today. I can finish reading to my 2 ½-year-old

daughter, get up, turn out the light, and walk out of the room. My daughter does the rest! And we couldn't have done it without Jen's help. Not only is Jen extremely knowledgeable, but also she was more than happy to work with our parental eccentricities.

"Coming from the attachment-parenting end of the perspective, we very much wanted to find a method that did not involve crying it out. Knowing our concerns, Jen devised a plan and walked us through step-by-step and was there every bit of the way and more! We cannot thank her enough."

Andrew

Father of 2 ½-year-old daughter | Chicago, IL

Compassionate coaching convinces stubborn sleeper to sleep

"We brought a most challenging case and a most determined not-to-go-to-sleep toddler to Jen, and we were incredibly grateful for her help. Her expertise and creativity taught us so much about how to bring some peace and rest to our household at a time when we very much needed it! Among her many gifts, perhaps her greatest is her genuine care, concern and compassion. Through our journey with Jen, I felt we had a true partner. She embodies someone living her calling, and any family who opens themselves up to her will undoubtedly walk away better for it. Thank you, Jen!!"

Lissa

Mother of three-year-old daughter | San Marcos, CA

Sweet sleep "changes toddler's whole life"

"Hey mamas, I wanted to recommend a super sweet, kind and effective gentle sleep coach. You may remember me posting a while back (maybe a number of times) about our struggles with my little girl's sleep. In short, she always struggled with sleep and was consistently sleep-deprived – even up until age three. Because she was sleep-deprived, she cried easily, had trouble in new situations, had trouble with peers, etc. I knew this and always did whatever I could to help her sleep. I read every sleep book. I held her or laid down with her for every nap. I did whatever I could to help her sleep. Nothing seemed to work. I did not believe in letting her cry it out and did not know there were coaches out there other than the "sleep trainers" who basically train using the cry it out method.

"Then I found Jen Varela of Sugar Night Night. When I hired Jen, Pepper was unable to get to sleep by herself. My husband or I had to rub her back vigorously for about 20 minutes before she could fall asleep. Then one of us had to stay in her room because she'd wake up screaming four or five times during the night before finally starting the day around 5:00am! Naps were the same. She was exhausted! So were we!

"We hired Jen and within two weeks, with very, very few tears, my little three-year-old was falling asleep on her own, getting herself back to sleep at night and consistently sleeping past 6:00am! And, she was in her bedroom all by herself. I honestly never thought this was possible. She still needs a little help falling asleep for her naps (most kids her age won't even take naps so we're ok with this!) but once she falls asleep she sleeps 90 minutes and wakes up happy!!

"Her whole life has changed. She loves playing with kids now. She's been comfortable staying alone by herself at day camp, etc. It has changed our lives! Our little boy is eight-months-old now and we are just beginning to work with Jen to help him sleep better.

"Jen coaches with a very gentle, respectful, kind approach. She sees your children for the divine little angels that they are. And at all turns she helps to minimize any stress or trauma to the little ones."

Stephanie

Mother of three-year-old Daughter and eight-month-old son | San Diego, CA

Success for single mom

"I am a single mom and had a child who slept 12 hours a day for the first two years... it was wonderful. After two years, he began getting fussy and eventually, what I discovered later, was he had many "sleep crutches." My son is a high-energy toddler who fights sleep. We would have battles about sleeping. It was so draining and tiresome, let alone frustrating. I heard about a sleep coach, Jen Varela, months prior to me reaching out to her but thought I could buy the book and do it on my own. Huh, that didn't work. A single mom (any mom) just has little time.

"When I finally hired Jen to help me, she spent so much vested interest and time explaining how this would help and what to expect. After a grueling time, 21 days specifically, the MAGIC happened. It was so worth the gift I was able to give my child. He is happier and, I know, healthier because he sleeps. I am still amazed that I can walk out of his room while he is awake, blow me a kiss and say "nini" and I can go about my evening chores.

"I wholeheartedly believe this is a gift that very few parents understand about the significant importance of sleep. I personally know so many adults/friends who have a hard time sleeping and I truly believe it starts and is learned from the beginning of life. Thank you, Sugar Night Night, for your patience, support and teaching. Thank you – and I know my son will thank you some day, too."

Jennifer

Mother of three-year-old son | San Diego, CA

Bedtime boundaries that didn't break a mom's heart

"Jen started working with us when we realized we were in a little predicament a few short weeks before I was to go back to work after maternity leave for our second daughter. We were still having difficulty getting our first daughter to bed each night, and between the two girls, it was a full on effort for both my husband and me. When I returned to work, my husband was going to be going to school in the evenings after I returned home from work. I didn't know how I was going to be able to handle everything on my own for bedtime given that we weren't really successful doing it together.

"My oldest was 3 ½ when we started working with Jen. Our way of working bedtime was that I would nurse her to sleep, and this could take up to 1.5 hours. I knew that I wouldn't have 1.5 hours to do this after returning to work and we needed a solution. Jen met with us almost immediately and we set forward with a plan. Crying makes me feel like a part of me is dying inside, so we wanted to move us all in a direction that would avoid that.

"Jen started us with small steps, which at first were challenging for all of us because it was different, but became more reasonable after just a few short days. I wasn't used to setting boundaries and my oldest wasn't used to having any so this was a shift. The boundaries set weren't ones that were extreme and were gradually introduced so it wasn't super difficult. Nursing was moved to the couch before bed, and became a regular part of the bedtime routine. We developed a set routine to use each evening and slowly started on the path to our daughter being able to go to sleep on her own.

"Jen's compassionate and understanding guidance helped move us from spending hours each night on bedtime to our oldest going to bed by herself in a short two weeks. It was important that we were consistent and that we were 100% dedicated to the process during this time, and it paid off. We were diligent about following Jen's advice even when it wasn't super convenient and I'm so glad that we did. I only wish that we would have found Jen sooner. Her validation during the whole process and her constant feedback and flexibility when things needed to change were an incredibly important part of the success for all of us. I can't recommend her enough for families to help move sleeping into something manageable for everyone in the family."

Cinda

Mother of 3 ½-year-old daughter | Santee, CA

Sweet sleep leads to more couple and family time

"My husband and I have an energetic and very alert little 3 ½-year-old. He has never found his natural sleep rhythm. Since birth, he has woken up several times a night (three to seven times on a bad night). We tried every book and theory including a strict routine, natural oil therapy, singing, a bed on the floor in our room, locking the door, etc. My husband and I both work and we just had another baby. The sleep deprivation, emotional outbursts due to exhaustion (from all of us), and the anxiety around our nighttime routine severely took its toll on the whole family. Our oldest son started to have behavioral issues at school and with his relationships due to an overall lack of sleep. As a family, it was imperative we started getting more sleep and establish long-term healthy sleep habits.

"My husband and I wanted to get help to change our behavior as much as we needed it for our 3 ½-year-old. Books and other theories were hard for us to implement and hence why we opted to take a more hands on approach. We reached out to Jen and started her program. Being on the calls with Jen, she was able to assess our issues in real time and offer guidance throughout the program. In instances where we might have given up previously, she pushed us to stay the course. Within the first two calls, there was a noted change in our son's behavior and within a week he was sleeping through the night. There have been a few hiccups but my husband and I now have the tools to reinforce his regular sleep routine.

"Two months after starting the program, our toddler is confidently sleeping through the night and we are enjoying more time as a family and couple!"

John & Jessica

Parents of 3½-year-old | Carlsbad, CA