

# Jennifer Schindele of Gift of Sleep Consulting to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- If you have a baby, chances are you're probably not sleeping too much. According to a recent study, 76 percent of new parents experience frequent sleep problems. Sleep is so important for baby and mother. Thankfully there are strategies for both of you to get the rest you need.

Jennifer Schindele is a certified pediatric sleep specialist and the founder of Gift of Sleep Consulting. Jennifer works with little people from birth up to the age of six who are having sleep challenges, such as not being able to fall asleep independently, waking multiple times during the night.

"I work with families to identify where the challenges lie, then help them to create a plan of how we're going to make the changes to ensure their little ones can become great sleepers," says Jennifer. "I guide them through the entire process, holding their hand the entire way, from going from not being able to sleep well to their little ones falling asleep independently and staying asleep all night long."

According to Jennifer, for babies and mother alike overnight sleep is absolutely 100% essential to good health and well-being. When you are well-rested, you'll find you are more present, cognizant and your reaction time is better.

"If you are committed to making changes, your sleep will improve, and you get to enjoy all the benefits that come with a good night's sleep."

Jennifer's work as a pediatric sleep specialist dates back to her own experience as a new mom.

"I had a brand-new baby girl and her fragmented sleep took its toll on me," recalls Jennifer. "I went from being a married woman who got plenty of sleep to a married mom with sleep in short supply. Once I understood I needed to reclaim sleep, I became obsessed with figuring out how I was going to do it. Back then, sleep specialists such as myself really weren't around. I relied on reading books to try and figure out how I was going to make the changes I need to so my daughter sleeps better and I sleep better."



Babies require a lot of sleep. During their first years of life, they are growing at an incredibly rapid pace. Much of a baby's growth takes place during sleep, not just their body, but neurologically as well.

"For babies in general, we're looking for an average about three to four hours of daytime sleep each day with about anywhere between 10 1/2 and 12 hours of sleep each night."

Whether she's working with newborns, toddlers or school-age children, Jennifer always refers to them as little people.

"Sometimes when we think of babies, we think they're helpless," says Jennifer.

"Babies are amazing, resilient little people. What they experience and how they grow into and what they do within one year is phenomenal. When you shift from talking about babies to little people, you appreciate that they are an individual with their own thoughts and feelings."

CUTV News Radio will feature Jennifer Schindele in an interview with Jim Masters on February 13th at 12pm EST.

Listen to the show on [BlogTalkRadio](#). If you have a question for our guest, call (347) 996-3389.

For more information on Gift of Sleep Consulting, visit [www.giftofsleepconsulting.com](http://www.giftofsleepconsulting.com).

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