

**Sleep well<sup>®</sup>**  
*with Hannah*



# Hannah Love

## Sleep & Parenting Expert

Author | Medical Professional | Public Speaker | Content Creator

# Hi, I'm Hannah Love.

With over 25 years of experience, I am dedicated to helping families navigate the challenges of raising babies and children. My journey began in my twenties when I completed three university courses: in Paediatric Nursing, Nutritional Therapy, and Cranial Sacral Therapy. During this time, I travelled the world as a nanny for professional golfers, visiting places like the Masters in Augusta and Hawaii, often traveling first class and by private jet. I also worked as a Private Nurse for a family with nine children, where I learned to juggle family life, cooking, cleaning, managing households and travelling solo with up to 8 children.

In my thirties, I focused on raising my three children - Oliver (2008), Ella (2012), and Henry (2015) - while building my parenting and baby sleep business. As a family we prioritise fun, enjoying travel, festivals, and camping trips together as well as socialising with our family and friends.

Through Sleep Well with Hannah, I've combined my diverse experiences and training to support thousands of families in achieving balance and sleep. I see myself as more than just a sleep trainer; my extensive knowledge of child development instils confidence in the families I work with, making my programs, talks, and courses work.

My C.A.L.M approach (Consistent, Achievable, Loving, Manageable®) not only covers feeding, weaning, nutrition, and behaviour but also focuses on building parental confidence, reducing anxiety, and help families enjoy life with a baby. My greatest achievement is guiding families out of sleepless struggles to enjoy daily life with their happy, well-rested babies.







I have built a community of over 50,000 on Facebook, Instagram, and email, providing daily support and resources. I offer free workshops and sessions for charities, and my first book, \*The C.A.L.M Approach to Baby Sleep\*, quickly became a number one bestseller in five categories. My over 200 five-star ratings on Trustpilot and Amazon reflect my commitment to helping each family that reaches out to me.

In addition to supporting families, I also partner with organisations to enhance their maternity packages, providing tailored workshops and resources for new parents. By fostering a family-friendly workplace culture, I help companies create supportive environments that promote employee well-being, safety and retention. My corporate programs help organisations to actively support their staff during the transition into parenthood, ensuring a smoother balance between work and family life.

I believe every family and baby is unique, and I am here to support you in finding solutions that work for your specific needs. My practical and effective C.A.L.M approach has led families from around the world to recommend my services, returning for support with subsequent children.

I am at my happiest when helping others enjoy family life as much as I do. My husband Daryl, who has been by my side for nearly 20 years, is now working full-time with Sleep Well with Hannah, allowing us to combine our passions and support families together. We lead a busy life but always make time for fun; all of our children attended their first festivals, holidays, and camping trips before their six-month birthdays. Cooking is another great passion of mine, I love growing, cooking and eating food. I love entertaining friends, with happy children running around our garden; in fact, it's rare for a child (or adult) to visit our lively home without wanting to stay longer.

# Much more than a sleep expert.

## Best-selling author.

My book 'The C.A.L.M Approach to Baby Sleep' released in February 2024 and went to #1 in 5 categories on Amazon.



## Public speaker.

I have extensive experience speaking in public, either at events, shows, training sessions and podcasts.

## Content creator.

I am extremely comfortable in front of camera having produced 1000's of pieces of content for social media, as well as training videos and TV appearances.



## Medical professional.

I trained as a paediatric nurse and also have qualifications in nutritional therapy and cranio sacral therapy.

# My qualifications & experience.

- Mummy to Oliver (2008), Ella (2012) and Henry (2015) – Ella and Henry both had CMPI and reflux so I have first-hand experience of these
- DipHE (Children's Nursing): Qualified at Kings College University London as a Paediatric Nurse in 2000
- Registered Nurse, member and insured by the Royal College of Nursing (RCN)
- 2 years of training in Cranio Sacral Therapy
- 10 years nannying and maternity nursing experience (over 50 children and involved lots of travelling as a high profile nanny for professional golfers)
- 2 years as the Paediatric Nutritional Therapist for the National Nutrition Clinic
- 12 years working for Sure Start Children's Centres – Weaning Classes, Cookery Courses and Sleep Workshops
- 4 years running First Aid courses, Weaning Courses and Childhood Accident and Illness Courses for Baby-Steps
- 12 years as a practicing Qualified Nurse (Accident and Emergency and Neonatal settings and now through Sleep Well)
- 14 years working one to one with families, supporting them 24/7 and working with them to resolve every sleep issue I was faced with. This is thousands of case histories and invaluable experience.
- 10 years supporting Home Start Children's charity, running workshops, training their volunteers and supporting their families on a volunteer basis
- A community of over 50,000 across Facebook, Instagram, Tik Tok, LinkedIn and email.



# I look forward to **working with you.**



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