



# Tracy Braunstein

Sleep Expert & Speaker

## About

Tracy is a certified sleep consultant and the founder of Sleep Tight Solutions, where she empowers families and individuals alike with expert, compassionate guidance on creating healthy sleep routines. With years of experience, Tracy has become a trusted voice in both pediatric and adult sleep consulting, helping clients across all ages achieve restful and rejuvenating sleep.

A sought-after expert, Tracy has been featured on prominent platforms like Global News, Breakfast Television and The Morning Show, sharing her insights on a range of sleep-related challenges and solutions. Her evidence-based approach, combined with a deep understanding of the unique needs of children, parents, and adults, has made her an industry leader in the field of sleep health.

In addition to her one-on-one consulting, Tracy is a dynamic and engaging speaker, captivating audiences with her real-world expertise. Whether she's speaking at parenting workshops or discussing sleep science on media appearances, Tracy offers practical advice on topics like pediatric and adult sleep hygiene, pediatric sleep science and sleep training. Her mission extends beyond child sleep, as she works with individuals to resolve sleep issues related to stress, insomnia, and lifestyle, helping people of all ages experience the benefits of restorative sleep.

Tracy's comprehensive expertise continues to inspire and educate, making her a go-to resource for families and individuals seeking long-lasting sleep solutions.

DISCOVER MORE



8.6K



3.9K



Through Sleepright Solutions, Tracy specializes in providing personalized sleep coaching to parents, helping them navigate the challenges of child sleep. She understands that each family is unique, which is why she offers customized sleep plans tailored to fit each family's specific needs and parenting style. Her mission is to empower families with the knowledge and tools they need to create healthy sleep habits that last a lifetime.

## AREAS OF EXPERTISE

- Pediatric sleep patterns & development
- Sleep training techniques & customized plans
- Sleep environment optimization
- Sleep related behavioural issues
- Parental support
- Speaking events
- Corporate wellness talks and Lunch & Learns

# Media Interviews



## FEATURED IN

- Montreal Gazette
- Today's Parent
- Oh baby! Magazine
- Piccolo Universe
- Pregnancy & Newborn Magazine



## CERTIFICATIONS

- Family Sleep Institute Certified Pediatric Sleep Consultant
- Sudden Infant Death Syndrome (SIDS) Completed certification for professionals
- SickKids Pediatric Sleep Symposium
- Warren Alpert Medical School of Brown University BiAnnual Pediatric Sleep Medicine Meetings
- Sleep Master Class - Dr. Mark Hyman
- Various workshops on PPD, Autism, Special Needs, GERD

## LISTEN IN



CJAD 800  
NOW TRENDING

CJAD 800  
LIFE UNREHEARSED

## Testimonials

"At three months my previously very well-behaved baby suddenly became horribly fussy and I had no clue what was wrong. I realized that my baby was horribly sleep deprived. Being a doctor I thought I could handle this on my own. After 5 days of making very little headway, I found SleepTight Solutions. Within 3 days, my baby went from needing to be swaddled, given a pacifier, held in mom's arms, and bounced on a ball to falling asleep on his own without a pacifier and without being swaddled. He went from sleeping at most 5 hours at a time to 12 hour overnights. I highly recommend the full support package. There is absolutely NO price to giving the gift of sleep to our babies!"

- Remy Wong, M.D.

"It's been 7 years since we consulted with Tracy and what we learned from her has helped us with our kids, with our niece and nephews and I don't know how many friends. I still refer back to her sleep recommendations occasionally to make sure I'm still on track! She saved our sanity 7 years ago and I thank her every day I wake up after a full night's sleep!"

- Marc Gagnon

"Where do I begin.. Tracy changed our life in 3 days.. our baby is now on a schedule and is sleeping so well through the night as well as naps. She is professional, caring and really encouraging and fun to work with. Thank you Tracy!!"

- Valentina Han

## TRUSTED BY LEADING BRANDS

