



Tracy Braunstein

Sleep Consultant & Sleep Wellness Speaker

About

Tracy Braunstein is a Certified Sleep Consultant, Sleep Wellness Speaker, and founder of Sleep Tight Solutions who since 2012 has been helping individuals, families, and organizations better understand the science of sleep, recovery, and wellbeing.

Known for her engaging, relatable, and practical approach, Tracy delivers sleep wellness talks internationally, including onboard luxury cruise ships and within hospitality, corporate wellness, and lifestyle spaces. Her work focuses on helping people navigate the realities of modern life through better sleep, nervous system regulation, and restorative habits that support long-term health and performance.

Tracy is also the founder of Sleep By Design, a hospitality-focused framework that brings together sleep science, wellness, and guest experience. The framework explores practical ways to incorporate sleep, recovery, and restorative experiences into modern hospitality and wellness offerings.

In addition to her speaking and wellness consulting work, Tracy continues to support families through pediatric and adult sleep consulting, an area that remains a foundational part of her practice.

A trusted media contributor and sought-after speaker, Tracy has been featured on Global News, Breakfast Television, The Morning Show, and other leading platforms, where she shares accessible, evidence-informed insights on sleep health and modern wellness.

Through her consulting, speaking, media work, and brand collaborations, Tracy's mission is simple: to help people feel more rested, resilient, and well in a world that rarely slows down.

DISCOVER MORE



10K



3.8K

- International Sleep Wellness Speaking
- Cruise & Hospitality Enrichment Programs
- Corporate Wellness Education
- Adult & Family Sleep Support
- Media & Brand Collaborations
- Sleep By Design™ Hospitality Consulting

AREAS OF EXPERTISE

- Sleep Wellness & Recovery
- Hospitality & Travel Sleep
- Circadian Rhythm & Jet Lag
- Nervous System Regulation
- Sleep Hygiene & Behavioral Change
- Adult Sleep Health
- Family & Pediatric Sleep Support
- Cruise & Corporate Wellness Education
- Sleep Environment Optimization
- Media & Wellness Communication

Media Interviews



ALSO FEATURED IN

- Montreal Gazette
- CBC Radio
- Today's Parent
- Oh baby! Magazine
- CJAD 800
- Pregnancy & Newborn Magazine

Speaking Testimonials

"We have been supplying highly regarded speakers and celebrities for nearly twenty years to the cruise industry. In all of our years in business, no one — and I mean no one — has been placed on a cruise line and taken them immediately by storm. After one booking, the floodgates opened, and there were a half dozen offers for Tracy. She is warm, personable, and a professional. Everyone loves her."

— Edwin Rojas, Rojas Talent Group

"Having had the pleasure of meeting Tracy aboard the Four Seasons Yacht during a wellness-focused voyage, Machael and I were immediately impressed by her depth of knowledge, engaging presentation style, and genuine passion for helping others improve their sleep. Tracy has a remarkable ability to translate complex sleep science into practical, actionable guidance that resonates with people from all walks of life. Her warmth, professionalism, and approachable nature fostered meaningful conversations throughout the week, leaving guests feeling informed, inspired, and empowered to make lasting improvements to their overall health and well-being. Tracy is an exceptional educator, speaker, and advocate for sleep wellness whose expertise and presence were a highlight of the voyage."

— Machael Varricchio, CEO &, and Pietro Russino, Senior Partner, Beautymark Solutions Inc.

Client Testimonials

"At three months, my calm baby suddenly became extremely fussy, and I eventually realized he was severely sleep-deprived. Even as a doctor, I struggled for days with little progress. SleepTight Solutions changed everything: within three days he went from needing to be swaddled, held, and bounced to falling asleep independently—no swaddle, no pacifier. His stretches jumped from five hours to full 12-hour nights. The full support was truly life-changing. There's no price on the gift of sleep."

— Remy Wong, M.D.

SIGNATURE KEYNOTES

45 minutes sessions + Q&A

The Art of Rest
Lifelong Wellness Through Better Sleep

Sleeping Through The Ages
How Sleep Changes Throughout A Lifespan

Rest Assured
Navigating The Sea of The Sleep Industry

CERTIFICATIONS

- Certified Pediatric Sleep Consultant
- Sleep Medicine Continuing Education
- Specialized Training in Adult & Family Sleep Health

TRUSTED BY LEADING BRANDS

