

Terms and Conditions for Pediatric Sleep Consulting Services

This Agreement is made between **Thyme4Sleep LLC** ("Thyme4Sleep," "we," "us," or "our") and the **Client** ("Client," "you," or "your") upon your purchase of a Sleep Consulting Package.

1. Our Services

When you choose Thyme4Sleep LLC, you're hiring us to help you with your child's sleep. We'll work together on a sleep plan, from creating it to putting it into action. Before we send you an invoice, we'll confirm the specific package you've chosen through email.

2. How We'll Work Together

Thyme4Sleep LLC will guide you in creating healthy sleep habits for your child. After our first phone chat, you'll get your personalized sleep plan and any other relevant documents within **5 business days**. You agree to follow this plan using your best judgment and commit to working with us for the **agreed-upon consultation time** to help your child establish healthy sleep habits. We can end this Agreement if you don't follow its terms or if it seems you're not using the sleep plan we've created. If we end the agreement, you may not receive a full or partial refund.

3. Medical Disclaimer

The information and guidance we share during our consultations and in your sleep plan are here to help you with your child's sleep challenges. **This information is not a substitute for professional medical advice.** Thyme4Sleep LLC will never provide medical advice. Any decisions you make based on our discussions are entirely up to you.

Everything we share is for general information only and is designed to help with common sleep issues not linked to medical conditions. It's very important that you talk to your family's healthcare provider if you have any medical questions or concerns about your baby's health before trying any strategies we discuss.

Your baby's safety is always the most important thing. We encourage you to follow **safe sleep practices** based on the latest guidance from the SIDS awareness campaign.

Please note that Thyme4Sleep LLC is not responsible for any claims, injuries, losses, or damages that might come from using the information we provide. Our goal is to support you with care, compassion, and advice based on evidence, always respecting your family's unique needs.

4. Feeding Disclaimer

There's a lot of advice out there about when a baby is ready to sleep through the night (8-12 hours), with a common idea being around 3-6 months old or when they weigh about 13 lbs. Ultimately, you know your child best. You might already know if they're crying because they're truly hungry or just want comfort. Watching your child's typical waking patterns and hunger cues will help you decide when to step in (after waiting at least 3-5 minutes to give them a chance to settle). Trust your instincts. Even if you're a first-time parent, you know your child. It can be tricky, as babies often accept a night feeding even if they don't truly need it—it's an easy meal and a way to get extra cuddles! Early morning hours are a common time for this, as your baby is in lighter sleep. Milk can also make them sleepy, making it an easy comfort for both of you.

If you're ever unsure about stopping night feedings or how often to feed, please check with your family doctor or pediatrician for their advice. We want you to feel confident and at ease when using the sleep training methods you choose. If your healthcare provider has concerns, please tell us right away, and we

can pause our coaching until everything is resolved. For immediate feeding concerns, always talk to your child's pediatrician first, and lactation consultants can offer additional help.

5. Safety Disclaimer

Even if your family doesn't co-sleep, as a certified sleep coach, we must share **safe sleep practices and guidelines** for you to review. This ensures you're familiar with the safety recommendations from the American Academy of Pediatrics (AAP) and other leading health organizations.

We've included our guide on safe sleep practices. Please let us know if you have any comments or questions. We can work together to fit these recommendations into your child's schedule and sleep routine if you haven't already.

6. Talk to Your Healthcare Provider

Before you start any sleep plan, you agree to talk to your pediatrician or family doctor ("healthcare provider") if you have any health questions about your child. It's your job to make sure any medical reasons for sleep problems (like sleep apnea, ear infections, allergies, or asthma) have been checked out, and that your healthcare provider says your child is healthy. If you want to stop night feedings, please confirm with your child's healthcare provider that it's okay. You agree to tell Thyme4Sleep LLC about any changes to your child's health during sleep training, as we shouldn't continue if your child is sick or has a medical condition affecting their sleep.

7. Responsibility and Disclaimer

The information from Thyme4Sleep LLC is for education only and is not meant to replace medical advice. Always seek advice from a doctor or other qualified healthcare provider if you have medical questions about your child. We try our best to provide accurate and up-to-date information, but we don't guarantee its accuracy or completeness. Thyme4Sleep LLC is not responsible for any harm or injury from using or not being able to use the information we discuss, or from relying on any information we provide. We may refer to other materials or resources, but we are not responsible for their content or any harm that might come from them. These references are just for your convenience.

8. Payment

You will pay Thyme4Sleep LLC a flat rate for our services, as agreed upon in this Agreement. We will send you an invoice detailing all services, and we require full payment before your initial consultation. If you want more support later, you can get it at an additional cost, depending on the level of support you need.

a. Cancellations

If you cancel a consultation within **24 hours** of the scheduled first meeting time for any reason (other than a death in your immediate family), you will not receive a refund.

b. Rescheduling

You can reschedule your consultation up to **24 hours** before the scheduled first meeting time. If you reschedule within 24 hours of the scheduled first meeting time (for any reason other than a death in your immediate family), you may not be eligible for a refund.

9. Agreement Length

This Agreement stays in effect until our services are complete. If we end the agreement, you will still need to pay for any agreed-upon expenses, and no refund will be given.

10. Refunds

Refunds are solely at the discretion of Thyme4Sleep LLC. The amount you pay for the invoice is generally considered **non-refundable**.

11. Guarantee

While results depend on your commitment to consistently follow the plan, Thyme4Sleep LLC offers a ****guarantee** that families will see results within 14 days, or we will work with them providing additional “sleep guarantee” support (at no extra cost/free of charge) until they do.** Our clients typically see significant improvements within 3-5 days of implementing their customized sleep plans and utilizing guided support. We cannot guarantee specific results, as many things affect sleep, including illness, teething, sleep environment, visitors, travel, inconsistent follow-through, and growth spurts.

12. Confidentiality

Thyme4Sleep LLC promises to keep all conversations and information from you confidential, as allowed by law. We won't share your personal information with anyone without your clear permission. This rule doesn't apply if there's an immediate threat of serious harm to you, your baby, or someone else.

13. Your Commitment and Communication

Your commitment to this process is absolutely necessary to see the results you want for your child's sleep. You agree to follow the current safe sleep recommendations from the American Academy of Pediatrics. We love hearing from you and it's your responsibility to keep in touch with us. Please bring up any concerns, doubts, or confusion about your sleep plan as soon as possible so we can address them together and work towards your goals.

a. Consistency is Key

You must prioritize sleep and follow our recommendations to see results. You are responsible for being consistent with sleep times, methods, and follow-through. We don't guarantee specific sleep goals or results because we are partners in this; your effort is essential for success.

b. How to Reach Us

Thyme4Sleep LLC is generally available to answer questions on **Monday-Thursday from 8 AM - 8 PM and Friday/Sunday from 9 AM - 12 PM** (Consultant's local time). Messages received during holidays, Saturdays, or outside these hours will be answered the next business day. If you need guidance, first use your best judgment, then text or email your Consultant with Thyme4Sleep LLC for the quickest assistance (messages received during business hours will be answered within 24 hours). Always use your best judgment during the sleep training process.

14. Professionalism

Thyme4Sleep LLC will treat all clients with respect and kindness, especially given the sensitive nature of sleep and family. You agree to be professional and respectful in all your communications with the

Consultant. This means no cursing, yelling, name-calling, or disrespecting our professional opinions and work.

15. Copyright

Copyright Thyme4Sleep LLC 2025. All rights reserved. No part of this publication can be copied, republished, or sent in any form or by any means for commercial use (mechanical, electronic, photocopying, recording, or using any information storage system) without our written permission. Sharing any information with anyone else is strictly forbidden and subject to International copyright laws.

16. Your Agreement

By paying the invoice you receive from us, you agree to these terms and conditions.

Client: I, the undersigned client, confirm that I am legally able to enter into this agreement. I have read this Agreement before signing it and fully understand its contents. This Agreement is binding on me and my legal representatives. I agree to the terms and conditions of this contract.

17. Arbitration

If there are any disagreements or disputes related to this Agreement, both parties agree to resolve them through arbitration by the American Arbitration Association. Either party can start arbitration by giving 30 business days' notice to the other. The arbitrator's decision will be final. The arbitrator must follow the rules of the American Arbitration Association. The arbitrator's decision can be legally enforced in any court in **Illinois** or elsewhere. The arbitrator cannot award indirect or punitive damages.

18. Indemnification

To the fullest extent allowed by law, you agree to protect, defend, and hold Thyme4Sleep LLC harmless from any claims, losses, damages, judgments, expenses, or costs (including attorney's fees and investigation costs) that we might incur or become responsible for, due to your breaking any term, promise, or condition of this Agreement.

19. Binding Agreement

By accepting payment of your invoice, Thyme4Sleep LLC agrees to the terms and conditions of this contract.

20. Governing Law

This Agreement will be governed by and interpreted according to the laws of **Illinois**.

21. No Waiver

If either party doesn't insist on performing any part of this Agreement, or grants concessions, it doesn't mean they are giving up their right to enforce that or any other term, covenant, or condition in the future.

22. How to Send Notices

All written communications and required notices should be sent to: **6833 N Kedzie Ave, #413, Chicago, IL 60645**

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23. Entire Agreement

This Agreement contains the complete understanding between both parties and replaces all previous oral and written agreements regarding the subjects covered here. This Agreement, or any part of it, cannot be changed, waived, ended, or discharged verbally, only by a written statement signed by the party or parties against whom the change, waiver, discharge, or ending is being sought.

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Client Signature Block

Client Name:

Client Signature:

Date:

Thyme4Sleep LLC Signature Block

Thyme4Sleep LLC:

Signature:

Date: