



# Structured Postnatal Care Navigation.

130+ Days Lost

## Postpartum Care Gap

Sleep deprivation is an **under-addressed driver of postpartum health risks**, contributing to poorer maternal and infant outcomes and increased healthcare utilization.

Sleep & Cradle® Health is redefining support for families beyond hospital discharge through a physician-led model that integrates sleep, recovery, feeding, infant care, and maternal well-being. By combining clinical expertise, personalized guidance, and data-informed care navigation, we help families navigate one of life's most important transitions while improving maternal and infant outcomes.



- Structured postnatal care navigation beyond hospital discharge.
- Personalized, physician-led guidance tailored to each family's journey.
- AI-enabled, data-informed support designed to improve outcomes at scale.

## 1 POSTNATAL CARE NAVIGATION

A core component of our postpartum care navigation model, providing personalized support to **help families improve sleep, recovery, feeding, well-being, and infant development.**

- Understanding Sleep Foundations
- Feeding & Daily Rhythms
- Infant Care & Development
- Family Well-Being
- Long-Term Success

Continuous access to personalized guidance and expert support.

## 2 BABY SLEEP STRATEGIES CLASS

Provides practical, evidence-informed guidance to help families understand infant sleep, establish healthy routines, support development, and navigate the early postpartum period with confidence.

- Sleep Cues & Behaviors
- Infant Sleep Patterns
- Healthy Sleep Routines
- Safe Sleep Practices
- Sleep Environment & Development

You will also learn how much your newborn should sleep and when you can expect your baby to sleep through the night.

### 3 BREASTFEEDING & FORMULA FEEDING CLASS

Practical **guidance to support feeding, growth, and early development.**

- Feeding Foundations
- Latch & Positioning
- Pumping & Storage
- Feeding & Work
- Introducing Solids

Building confidence from birth and beyond.

### 4 CHILDBIRTH PREPARATION CLASS

Practical guidance to help families prepare for **pregnancy, birth, recovery, and the transition to parenthood** with confidence.

- Pregnancy and Body Changes
- Physical and Emotional Preparation
- Antenatal Care and Vaccination
- Birth Plans and Communications
- Labor, Delivery, and Postpartum

On-demand education designed to help families navigate pregnancy and prepare for life beyond birth.

### 5 TRANSITIONING TO SOLID FOODS

Practical guidance to help families **introduce solids with confidence** while supporting healthy growth and development.

- Signs of Readiness
- First Foods & Feeding
- Balanced Nutrition
- Food Allergy Awareness
- Healthy Eating Habits

Supporting a smooth and positive transition from milk feeds to solid foods.

*"My twins in less than 2 weeks are now able to sleep through the night. They have done a lot of clinical research and are well established."*

**Leva Family**



## BABY CARE BASICS CLASS

Essential **guidance to help families care for their newborn** with confidence from day one.

- Infant Care Basics
- Understanding Your Baby
- Feeding Foundations
- Bathing & Swaddling
- Safe Sleep Practices

Building confidence for the transition to parenthood.

## NEWBORN CARE SPECIALIST SERVICE

Premium in-home support for families seeking hands-on **implementation of our care navigation model**.

- Personalized Newborn Care
- Feeding & Daily Routines
- Healthy Sleep Foundations
- Parent Education & Support
- Overnight Care Assistance

The in-home setting provided the foundation for developing, refining, and validating our care navigation model through direct implementation with families.

## RESULTS FROM SLEEP & CRADLE® HEALTH

✓ 100+ Families Supported

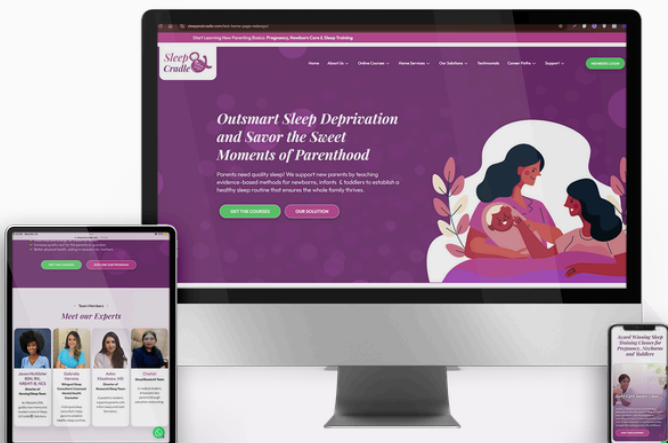
✓ 500+ Families Engaged

✓ 40% Improvement in Infant Development Indicators

✓ 35% Increase in Parental Productivity

✓ 30% Improvement in Breastfeeding Outcomes

✓ 30% Reduction in Postpartum Depression Indicators



**Ready to start a conversation?**  
**[Click here to schedule a call.](#)**

