



# NURTURE 2 SLEEP

## SPEAKER DECK





# JULIE MALLON

Nurture 2 Sleep Founder  
Certified Sleep Consultant



Julie is a highly-qualified professional with over 30 years of experience, previously a Nurse, Midwife, and Health Visitor (UK), an author of the recently launched children's book "Where is Blue Bird?" and podcast host of 'Sleepless in Dubai' plus actress in the award-nominated documentary "In a Heartbeat."

Qualified both as a Gentle Sleep Coach and a Sleep Consultant with the international Parenting and maternity insights.

Julie is known as the Middle East's Leading Sleep Expert and a regular speaker on Dubai Eye 103.8 FM 'Sleep Clinic' and her work has been featured in many regional publications such as The National, Gulf News and as a contributing writer to Madame Magazine.

Julie takes every opportunity to discuss and promote good sleep hygiene and the benefits of a good night's sleep. As a clear authority in the field of healthy sleep practice, she is in high demand to speak at industry events such as the US Sleep Symposium in North Carolina 2022, the prestigious Leadership School in Armenia, the Children's Mental Health Symposium in Ireland and local wellness events such as DIFC's Inspire Events for Dubai Fitness Challenge, Irish Business Council and the Baby Expo 2024.

She has contributed to a white paper on sleep compiled by the Global Wellness Institute and has taken part on the judging panel for The MEED Daman Corporate Health and Wellness Visionary 2019 Award.

Doctors and wellness professionals call on Julie for training in best sleep practices, an area that she feels needs to be given more attention in modern medical practices. The sleep expert has designed and presented customised talks and workshops for major corporations and government organisations including Snapchat, KHDA (Knowledge and Human Development Authority) and major pharmaceutical companies the UAE.



# FEATURED IN

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dubaieye<sup>R&B</sup>  
103.8

**N** The  
National

GULF NEWS 

HUDA **BEAUTY**

**Khaleej Times**

ARABIA **BAZAAR**<sup>Harper's</sup>



# KEYNOTE TALK



As a mother and health practitioner, Julie will share her story of how she has helped over 6,000 clients across the world establish a healthy sleep routine. Using real life examples and case studies from her 30 years experience as a sleep consultant, nurse, midwife and health visitor, Julie will educate listeners on the science behind sleep and why it is crucial that everyone achieves the nightly rest for optimum performance and mental health.

What sets Julie apart is her ability to distill her lifelong academic learning of sleep into bitesize chunks and understandable lessons for her clients. Continually quoted as the sleep expert on Dubai Eye, the most significant praise from her clients relates to Julie's bedside manner: she is kind, warm and calm, remembered fondly for her mothering nature when delivering complex theories or important life lessons.

During this 45 minute presentation, Julie will share her sleep strategies and secrets from her illustrious career in the health industry, and will show you just how easy it is to boost the quality of your sleep and correct lifelong bad habits. Julie will also give you her top tips to improve your sleep routine so that you can work up the sleep ladder and learn to self soothe to master your own superpower of sleep.



# SPEAKING TOPIC EXAMPLES

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As a sought-after speaker, Julie focuses on public speaking and delivering workshops on the fascinating subject matter of sleep:

## CHILDREN & SLEEP

- Empowering your child to self-soothe to sleep
- Healthy sleep practices & the happy child
- How to overcome the biggest sleep challenges in children

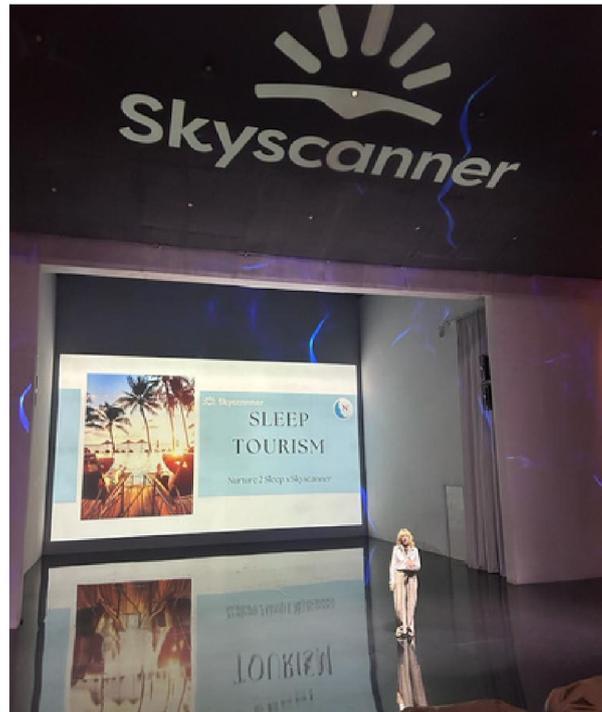
## ADULTS & SLEEP

- How & why sleep is crucial for mental health and performance
- The impact of technology on sleep
- The importance of sleep hygiene

## THE CORPORATE WORLD & SLEEP

- The critical role of sleep & leadership
- Sleep & work performance management
- How to minimise screens to maximise work success

# PAST EVENTS



Skyscanner - Travel Trends 2024 - Sleep Tourism Presentation

Dubai Fitness Challenge Brought by Inspire Studio Fitness Hub

Children's Mental Health Symposium in association with  
The Global Wellness Institute (GWI)

Sleep Workshop hosted by ClevaMama ME & The Mum Folk

Irish Business Network Annual Seminar





# SLEEPLESS IN DUBAI



"Sleepless in Dubai" is an engaging and informative podcast that delves into the fascinating world of sleep, wellness, and lifestyle. Hosted by Julie Mallon, the founder of Nurture 2 Sleep, and Laura Buckwell, a seasoned British national known for her roles as an industry event EMCEE, moderator, and former TV news anchor, this podcast offers a fresh perspective on various aspects of sleep and its impact on our lives.

Julie Mallon brings her expertise as a sleep consultant and educator to the podcast, sharing practical insights, tips, and techniques to help listeners overcome sleep challenges and achieve better sleep quality. With her background in sleep science and a passion for helping people, Julie aims to unravel the mysteries of sleep, discussing topics ranging from sleep disorders and insomnia to effective bedtime routines and relaxation practices.

Laura Buckwell, with her charismatic hosting skills and journalistic background, brings a relatable and engaging approach to the podcast. Her experiences as a former TV news anchor and industry event EMCEE add a professional touch to the show, as she skillfully guides conversations, interviews experts, and explores the intersections of sleep with various aspects of life, including wellness, productivity, mental health, and personal growth.



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# RATE CARD

SERVICE	RATES (STARTING FROM)
Videos (from 15 minutes +)	AED 2500 +
Reels / Videos (social media)	AED 1000 +
Blog Posts (Dependent on word count)	AED 2000 +
Podcasts (from 20 minutes)	AED 3000 +
Corporate Speaking (30 minutes)	AED 4000 +
<b>Adult Support</b>	
1-hour Online Consultation	AED 900
1.5 hour Online Consultation	AED 1200
1-hour In-Person Consultation	AED 1150
2-hour In-Person Consultation	AED 1500
<b>Other</b>	
Nurture 2 Sleep offer Sleep, Weaning, Potty Learning, Behaviour and Nutrition Packages for families	Price dependent on the package
Nurture 2 Sleep offer individualised online and in-person consultations for families	Price dependent on the agreed plan



## CONTACT INFO:

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