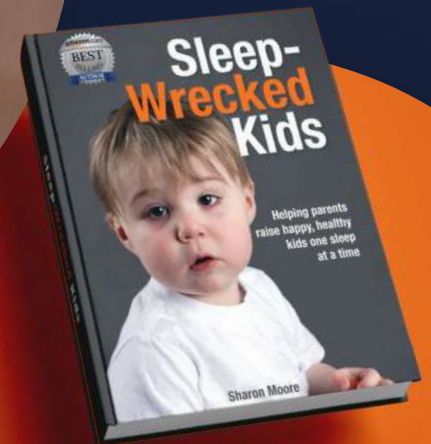


# Sharon Moore

Author. Speaker. Sleep Health Advocate

No 1 best-selling author, with a vision; "that every child gets the sleep they need every night to be healthy and happy"



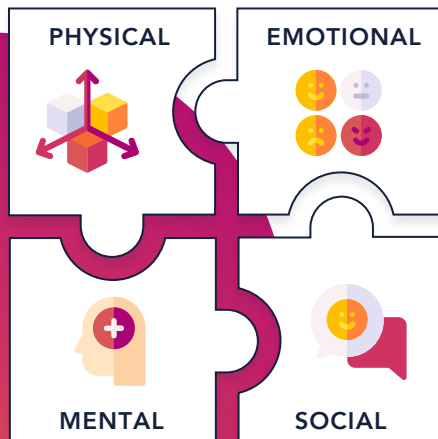
*I truly believe that by improving kids' lives, we create a better world*

● The Problem

Up to **40%**  
of children have sleep problems  
and for many, poor sleep is so common  
it has become their normal.

Sleep problems interfere with every domain of a child's development:  
Physical, Emotional, Mental and Social.

It does not need to be this way.



**30-40%**  
sleep problems can be fixed by  
'tweaking' things at home.

The rest may require expert advice.

Most sleep problems are treatable and avoidable.



## Putting Kids' Sleep Problems to Bed

In this talk, I focus on the 711++ reasons to help children get the sleep they need every night. We explore both the physical and mental impacts of insufficient sleep and-or poor quality sleep.



CLICK TO WATCH  
SPEAKER REEL



### This talk covers: **For Parents**

Taking a 'sleep pulse', is there a problem or not? – the earlier the better.

Simple road maps that help to identify the cause of sleep problems.

Pathways to solutions that create great sleep.



### This talk covers: **For Professionals**

Working in-health, early childhood and education.

Frameworks for solving sleep and sleep-breathing problems in children.

Methods for screening education and treatment.



### **Sharon Moore as a Mum**

I know there's nothing like lack of sleep to bring out the worst in kids, (and their parents).



### **Sharon Moore as a Speech Pathologist**

Having worked with over 40K families over 4 decades, I've seen first-hand how poor sleep impacts kids' development and family happiness. I started to wonder how I could even help kids when they had sleep issues, especially breathing issues that interfered with sleep.



### **Sharon Moore as a recovered sleep-wrecked person**

I can think of nothing better to do with my life right now, than translate critical medical science into digestible everyday 'sleep and breathing roadmaps' for parents.

## What people have to say about Sharon...



I have had the pleasure of listening to Sharon Moore speak on a couple of occasions, in front of large audiences. I was always impressed by her style, being sophisticated and coherent, that we eventually asked Sharon to present at one of our mYofocUs courses. Lucky for us, she agreed, and boy, was everyone blown away! She has an outstanding ability to engage and entertain, while maintaining her priority to focus on the education. Her presentation materials are at utmost quality, conveying her take-home messages with clarity and poise. I hope that Sharon will continue to collaborate with mYofocUs for our future events, as her contributions are invaluable within our multi-disciplinary medium.

- Dr Donny Mandrawa, Co-Founder, mYofocUs



We had the pleasure of having Sharon join us this year as we launched our Myo Munchee Protocols series in Melbourne. Sharon has a wealth of knowledge and a presentation style that engages the audience and easily holds their attention. She is very comfortable in front of an audience whether it be those who are professionals working in her sphere or whether she is educating those who are new to the world of sleep. All attendees at our course, who have had the pleasure of hearing Sharon present, have been very impressed and gained great knowledge and insights from her presentation.

- Dr Mary Bourke CEO Myo Munchee



## Speaking Engagements

Dr Ron Ehrlich Unstress Podcast:  
Released Jan 2021

Dr John Douillard LifeSpa Podcast:  
Released Jan 2021

O2 Breath-a-thon:  
FAH and AAPMD, Oct 2020

Interview: Stevie Award  
Nominee, Aug 2020

Academy of Applied Myofunctional Sciences:  
Chicago, Rome, Paris, 2019

Australian Association Orofacial Myology:  
Nov 2019

mYofocUs: Aug 2019

Edge PD Perth: Jul 2019

Pakmag Parents Podcast:  
'Sleep Wrecked Kids and The  
Consequences', May 2019

Myo Munchee: Feb 2019

Nacre Podcast: 'Managing Health  
One Sleep at a Time', Dec 2018

B1G1 Singapore: Better Business,  
Better Life Better World, Jul 2017



# Continue the **Conversation** Connect with **Sharon Moore**




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