

Thyme for Sleep

Sleep Consulting Menu

About Me



Georgia Miller

Certified Pediatric Sleep Consultant

- Certified by the Institute of Pediatric Sleep
- Specializes in newborns to school-age children
- Experience with neurodivergent children
- Mother of two

My Approach: I blend evidence-based methods with an understanding that every child is unique. I'll work alongside you to create a sleep plan that supports your parenting style, your child's age and temperament, and your family's needs — always rooted in empathy and connection.

Background:

- British by birth, based in Chicago
- Certified Pediatric Sleep Coach through the Institute of Pediatric Sleep
- Specializes in helping babies and children from newborns to school-age
- Experience with neurotypical, neurodivergent, and special educational needs children

What Families Are Saying

"You helped me get my life back and I couldn't recommend her enough! My baby still wasn't sleeping through the night at 5 months. With your guidance and support we finally managed to get her through the night within a week of sleep training her. You were so easy to work with, really listened to our concerns and created a sleep training plan perfectly tailored to our baby who had been struggling with reflux. It was a pleasure working with you!"

— Eli, June 2025

"You coached me through the basics of good sleep habits before my baby was born which was a huge help as I spent the first week after he was born in hospital with him and from our first day we were set on a good path. Even though my baby was a month premature with your guidance he starting sleeping through at 12 weeks. Her support, clear and precise guidance and no judgment advice helped me and my baby sleep though and have the best start to our life together."

— Anna, July 2025

Contact Me

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