

Literacise, LLC

“From Rest to Health Success: Sleep Training” Capability Statement



COMPANY OVERVIEW

Literacise, LLC, a certified (M/WBE) provides interactive health and wellness based sleep training tailored for seniors, individuals with chronic diseases and parents. Our holistic training focuses on improving sleep quality and duration to enhance mental health, physical health & longevity. Sleep improves life quality.

NGIP CODES

- 92435** In-Service Training (For Employees)
- 92405** Advisory Services, Educational
- 95222** Counseling Services
- 95241** Family / Parenting Services
- 95228** Education & Training for Clients, Incl. Literacy

CERTIFICATIONS & AWARDS

- Certified Sleep Consultant
- CMMC Level 1 Cyber Ready M/WBE
- M/WBE Certified: US Black Chamber of Commerce
- MBE Certified: NY/NJ National Minority Supplier Diversity Council
- SBA Certified Woman Owned Small Business
- 2022 Mom's Choice Award for Children's Publishing

CONTACT INFORMATION

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CORE COMPETENCIES

- Masters Degree in Behavioral Science
- Sleep Training for Seniors and Adults with Chronic Diseases
- Health and Wellness Focused Training
- 25 years of Presentation Experience
- Experience with Diverse Populations
- Innovative & Creative Approaches
- Expertise in Staff Training
- Virtual and in-person Programs
- Holistic Approach
- Presentations to small and large groups
- Extensive work with young children

PAST PERFORMANCE

Sleep Workshop - Parent Training Session

ABC HeadStart, Harlem, New York

- Conducted an hour-long training session for parents. Provided understanding of developmentally appropriate sleep times, how sleep is the foundation for school success, good mental and physical health. Gave ABC guideline to prevent SIDS.

Chronic Disease Management - Diabetes

Healthpeople.org - Butler Housing Project - South Bronx, New York

- Lead 2 2 hr sessions discussing the role of sleep in managing Type 2 diabetes. Explored participants sleep challenges and provided practical advice on establishing healthy sleep routines. Gave samples of a healthy sleep environment

Eat to Sleep Workshop

Roxbury Branch of the Boston Public Library Boston, MASS.

- Two hour presentation on the connection between diet and sleep. This was combined with a live cooking session in which participants prepared and ate sleep friendly foods. They learned how food impacts sleep quality and quantity.

Sleep Training Workshop for Early Childhood Staff

Hebrew Educational Society, Brooklyn, New York

- Two hour presentation with Q & A on sleep's impact on children's physical, mental and emotional development. Provided Teacher tips for parent engagement.

Sleep Training Follow-up - "An Affirmation Nite Baby Nite"

- Early Literacy Skills follow-up. Distributed copies of book. Showed film. https://www.youtube.com/watch?v=_VVqEW1Yq4Q Topics covered included sleep readiness, reading before bed to promote early literacy skills development and the importance of positive images and affirmations.