

Solutions Brief

Customer Profile

Lisa Petrovich lives in Alpharetta, Georgia with her three-year-old daughter and four-year-old son. After making the transition from the crib to the bed, her son began to develop some unhealthy sleeping habits - waking at 6 a.m. regularly. After losing full hearing abilities at 18 months, her son received a cochlear implant and hearing aid that had to be removed at night time – making it difficult to communicate verbally.

Business Situation

The Good Nite Lite is a behavioral modification device that uses visual cues to help teach kids healthier sleeping patterns that fit in better with the rest of the families' normal schedule. Petrovich discovered the Good Nite Lite and started to see an immediate and positive impact. Both she and her son were getting an extra hour and a half of sleep every morning and the day-to-day family dynamics improved. Petrovich contacted Adam Nelson, the creator of the Good Nite Lite, directly to purchase two more products and to share her story. Petrovich's story was recorded with the hope that other families impacted by hearing loss may find a solution with the Good Nite Lite.



Good Nite Lite Provides Alternative Solution for Sleep Issues Associated with Hearing Impairment

Good Nite Lite Case Study

Lisa Petrovich, a resident of Alpharetta, Georgia, is a mother of a three-year-old girl and a four-year-old boy who knows all about the problems young children often have with sleep. When her son was just 18 months, he lost hearing abilities and received one cochlear implant – small, complex electronic devices that can help to provide a sense of sound to a person who is profoundly deaf or severely hard-of-hearing – and a hearing aid in the other ear.. Before bed every night, the implant and hearing aid have to be removed, making communication difficult.

The types of sleep problems encountered with children who are deaf are usually the same as those with children with full hearing – difficulties getting the children in bed at an appropriate time, trouble achieving sleep independently, frequent waking during the night and waking of the parents.

While transitioning from the crib to the bed at age three, Lisa's son started to wake up around 6 a.m. every morning. Not only do young children often have a difficult time understanding the concept of time, but Petrovich wasn't able to communicate with her son or use an alarm in his room to signal when it was an appropriate time to rise each morning. Petrovich began researching alternative options with hopes that she could modify this unhealthy sleeping pattern.

Solution

Weeks later, Petrovich discovered a new parenting device called the Good Nite Lite (www.goodnitelite.com), which uses visual cues to help teach young children the appropriate time to go to bed in the evening and get out of bed in the morning.

The Good Nite Lite features a friendly, glowing caricature face that changes from a Moon to a Sun at the programmed “wake-up” time and from a Sun to a Moon at the programmed “bedtime.” With the help of their parents, children

rapidly come to associate the moon image with the knowledge that it is still bedtime and the sun with the idea that it is the correct time to wake up. Petrovich purchased a Good Nite Lite hoping that it would help both her and her son get a few extra hours of sleep every morning. After discussing the concepts that when the moon is out, it is time to rest, and when the sun comes up, it is time to start the day. Petrovich programmed the Good Nite Lite to display the sun image at 6:45 a.m. She gradually increased the time until her son was waking up at 7:30 a.m. every morning.

“I was so excited that the Good Nite Lite had an immediate and positive impact with our son,” said Petrovich. “It has made being a parent so much easier that we bought another one for our daughter and two more to keep at the Grandparents house. That extra hour or so of sleep we get every morning is worth much more than thirty-four dollars.”

Conclusion

Petrovich and her children still use the Good Nite Lite every night in their home and when traveling. Each of her children have a Good Nite Lite in their room that they use every night. After discovering the creator of the Good Nite Lite, Adam Nelson, lived just up the road, Petrovich contacted Nelson directly and purchased two more Good Nite Lite's to keep at the children's Grandparents house. Since using the Good Nite Lite, Petrovich says the family dynamics have really improved now that everyone is getting more sleep.

While the Good Nite Lite was not designed to aid children with hearing disabilities, the device has been a great tool for assisting individuals and families who have been affected by poor sleep. Just as there is no one reason for hearing impaired-related sleep disturbances, there is no one solution that works for everyone - but the Good Nite Lite is one possible solution.

