



Terry Cralle, RN, MS, CPHQ

SPEAKER • AUTHOR • EDUCATOR

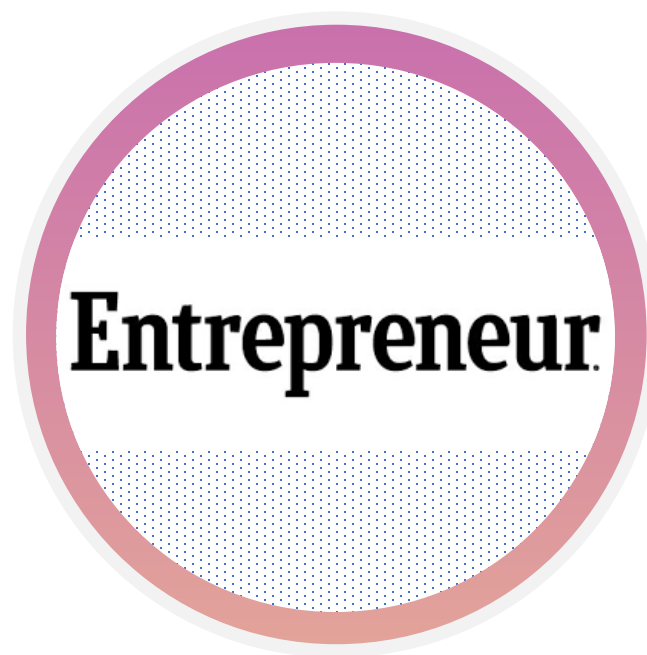
SLEEP WELLNESS EXPERT



From Sleep to Restorative
Exercise, 2019 Wellness Trends...

Featured In

Click the logo for featured content



Why You Should Let Your Employees Nap at Work



10 Tips To Get Your Kids To Go
To Bed and GO TO SLEEP!

Featured In

Click the logo for featured content

THE
HUFFINGTON
POST

6 Quick Life Hacks For
Everyday Pain Points

Medium

CONDÉ NAST
Traveler

11 Tips For Sleeping
Well On A Plane

5 Reasons You Are Not Sleeping Better At Night

Also Featured:



Terry is a well spoken, highly sought after Brand Ambassador who brings a wealth of professional knowledge and subsequent relevancy to brand partnerships.



Brands

Bio



TERRY CRALLE, MS, RN, MS, CPHQ
CERTIFIED PROFESSIONAL IN HEALTHCARE QUALITY

Sleep Well. Live Well. Effectively communicating the link between a healthy sleep lifestyle and peak performance.

Terry is a credentialed and experienced clinical sleep educator, providing critical information and guidance to a wide array of audiences. Terry is a recognized sleep health industry leader, speaker, consultant, and author—providing essential information to a wide array of audiences in a thoughtful, understandable and entertaining format.

As a Registered Nurse, Certified Clinical Sleep Educator, Certified Professional in Healthcare Quality and Certified in Clinical Sleep Health, Terry Cralle has devoted much of her career to sleep health and wellness. Author, sleep health advocate, and co-founder of a four-bed sleep disorders center, Terry serves as a national consultant and speaker to a large number of organizations and clients including schools, businesses, corporations, non-profits, hospitals, and community organizations - as well as the hospitality, transportation, travel and bedding industries. Terry serves on the Board of Directors for Start School Later, Inc. and the [Advisory Board for the American Sleep Association](#). She holds Bachelors' degrees in sociology and nursing and a Master's in healthcare management. She is the co-author of *Snoozby and the Great Big Bedtime Battle* (Rowe Publishers, 2015) and *Sleeping Your Way to the Top* (Sterling Publishers, 2016).

Terry's commitment to sleep health and wellness is reflected in her diligent efforts to effectively deliver the message of healthy sleep to an international audience of all ages.

Terry is a credentialed and experienced sleep professional with extensive experience in sleep health consulting and promotion; presenting dynamic and informative workshops, seminars and consulting services to audiences of every age and every demographic.

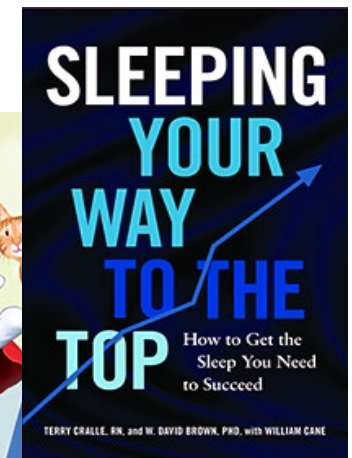
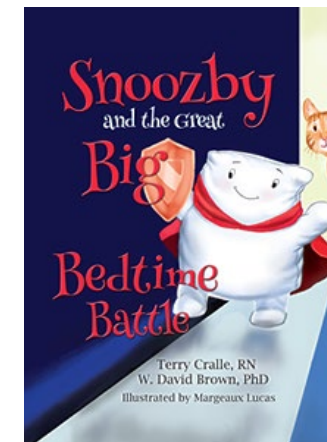
Snoozby activity book, pillows, posters, plushes, pajamas, bedding and more coming soon! Snoozby wants every child to understand the importance of sleep and reap the many benefits that sufficient sleep provides. Snoozby promotes for kid's sleep health. Sleep is elementary! Snoozby teaches sleep!

Author

Terry is the co-author of ***Snoozby and the Great Big Bedtime Battle*** (Rowe Publishers, 2015) and ***Sleeping Your Way to the Top*** (Sterling Publishers, 2016).

[*Snoozby and the Great Big Bedtime Battle*](#) is a groundbreaking nonfiction picture book for children about sleep health and wellness written by sleep educators and clinicians, Terry Cralle and Dr. W. David Brown.

In [*Sleeping Your Way to the Top*](#) Terry and sleep psychologist Dr. W. David Brown present the ultimate wake-up call for ambitious people who wish to achieve maximum performance.



Speaker/Educator

Terry Cralle is a credentialed and experienced clinical sleep educator, providing critical information and guidance to a wide array of audiences. She is a recognized industry leader, speaker, consultant, and author - providing essential information in a thoughtful, understandable and entertaining format.

[Email Terry directly](#) to schedule a sleep health promotion **workshop or seminar** for your school, corporation or community organization or for related consulting opportunities.



[Terry on Unplugged with Eraldo, CW Philly](#)

For Press/Media opportunities, contact Cindy Garnick of Garnick Entertainment Media Group: 856.419.5706 – cindygarnick@gmail.com