

Sleep Nanny Nicky Mulligan

Privacy Policy

I take your privacy seriously. This policy explains how I, **Nicky Mulligan – Sleep Consultant**, collect, use, and protect your personal information in line with UK GDPR and the Data Protection Act 2018.

Who I Am

I am a Certified Sleep Nanny® and sleep consultant providing support to families both online and in person. I am registered with the **Information Commissioner's Office (ICO)**.

Information I Collect

When you contact me, book a service, or use my website, I may collect:

- Your name and contact details (email, phone number, address if applicable)
 - Information about your child (age, sleep patterns, health considerations you choose to share)
 - Payment details (processed securely by third-party providers; I do not store full card details)
 - Communication records (emails, forms, or call notes)
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How I Use Your Information

I will only use your personal data to:

- Provide sleep consultancy services tailored to your family
- Respond to enquiries and provide resources (such as sleep guides or masterclass access)

- Manage bookings, payments, and service delivery
 - Keep records required for legal, tax, and business purposes
 - With your consent, share updates, offers, or newsletters (you can opt out any time)
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Sharing Your Information

I will never sell your personal information.

I may share your data with trusted third-party providers (e.g. payment processors, scheduling software, email platforms) but only where necessary to deliver my services. These providers are GDPR-compliant.

How I Store and Protect Your Data

- Your data is stored securely using password-protected systems.
 - I keep personal information only as long as necessary to provide services and meet legal obligations.
 - Notes and records relating to child sleep are kept confidential and not shared without consent.
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Your Rights

Under UK GDPR, you have the right to:

- Access the personal information I hold about you
 - Request corrections if your data is inaccurate
 - Request deletion of your data (unless I am required by law to keep it)
 - Withdraw consent for marketing at any time
 - Complain to the ICO if you are unhappy with how your data is handled
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Cookies and Website Use

My website may use cookies to improve your browsing experience and track anonymous visitor behaviour. You can disable cookies in your browser settings.

Contact Me

If you have questions about this policy or how your data is used, please contact me:

Nicky Mulligan – Sleep Consultant

 hello@nickymulligan.sleepnanny.co.uk

 www.nickymulligan.sleepnanny.co.uk

ICO Registration Number: ZB566205