

SHANNON SANKEY

CONTENT PORTFOLIO

web x mobile x social

Don't lose good days to bad nights

Are you experiencing the symptoms of sleep apnea?

Take the sleep apnea symptoms quiz

Overview

Sleep apnea

Symptoms

Risks

Diagnosis

Testing

Insurance

What is sleep apnea?

Sleep apnea is a common sleep disorder characterized by repeated interruptions in breathing throughout the sleep cycle.

These interruptions, called apneas, are caused by the collapse of soft tissue in the airway, which prevents oxygen from reaching the lungs.

Weak muscles in the airway, a large tongue, obesity, and other factors may cause airway tissue to collapse and obstruct breathing.

Sleep apnea disrupts the sleep cycle and can dramatically impact energy, mental performance, and long term health. In some cases, if left untreated, sleep apnea can be fatal.



Non-obstructed airway



Obstructed airway

Learn more about the signs and symptoms if you suspect you may be suffering from sleep apnea.

Client: Philips Respironics

Project: [SleepApnea.com](https://www.sleepapnea.com)

Role: Content Expert



A Creative Genius, Entrepreneur Magazine

Davison leverages over 25 years of inventing expertise to lead a product development company that transforms invention dreams into affordable realities. Garnering shrewd business sense, technological savvy, and marketing finesse throughout an undeniably successful career, Davison has led the company that bears his name to product placement in over 1,200 worldwide retailers. With unparalleled creativity, he turned an empty warehouse into Inventionland, a 61,000-square-foot fantastical design facility where his own patented inventing method gives life to new product ideas for inventors and corporations alike. Davison continues to pursue new business ventures, work on developing new academic curriculum, and support philanthropic causes.

George M Davison @gdavison_invent · 15 Dec 2015
Radical Thinkers: Big #Ideas No One Wanted - George M Davison ow.ly/VUFHt



BRAIN HYGIENE: 3 TIPS TO TAKE CARE OF YOUR CREATIVITY

December 1, 2015 GMD Education tips

1. Limit social media

The average person spends nearly 2 hours per day browsing across 5 social media platforms. Users check notifications, curate and share content, and interact with one another. Many people rely on media-rich content platforms like Facebook and Twitter for global and local news, culture, and community. So, what's the problem?

GENERATE IDEAS WITH "FLOW"

November 17, 2015 GMD Education ideas,play

It's a demanding time of year with no limit to distractions, anxieties, and compounding responsibilities. Maybe you've had to pause on a passion project. Maybe you feel like you just aren't producing anything of value. If you've hit a roadblock in your creative output, it's important to take a brain-break. Have you played recently? When...

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Client: George M Davison

Project: GeorgeMDavison.com

Role: Blog Content Creator, Social Media Manager



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For the Love of Cooking: Fall Veggies

Though summer farmers' markets and roadside produce stands are closing up shop for the season, you can still find fresh fall veggies for healthy, home-cooked meals. Buying seasonal produce can help support your local farmers and introduce you to a delicious autumn harvest for your dinner table.

Spicy Slaw



Fresh green cabbage ripens at the end of the summer, and its flavor sweetens as the weather grows colder. Find a large head of cabbage with tight leaves at your local market for a mild bite. **This spicy spin on slaw** from Food 911 adds red chile, Creole mustard, and a dash of hot sauce for extra heat.

Fresh Fall Apple Desserts

It's finally that time: Harvest season! Apple harvest varies from late August to mid-October across the United States and most local farms invite the public to pick the surplus apples from their orchards during this time. You can pick a bushel of apples for munching or baking, all while supporting your local farmers. Make apple-picking a family affair and continue the fall-themed fun in the kitchen as you try out our favorite apple desserts.

Mini Apple Pies

Mini Apple Pies

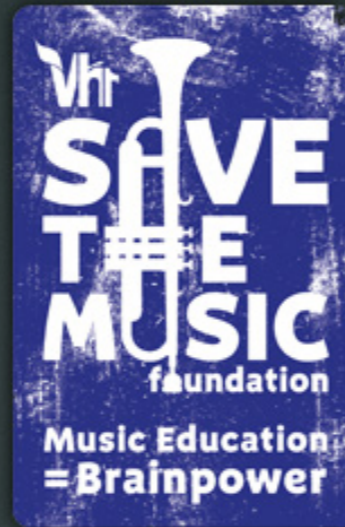


A tiny classic! **These mini apple pie bites** from Sprinkle Some Sugar are perfect for sharing at a fall bash or for snacking on throughout the week. Cut a dozen small pie crusts to fill our Mrs. Fields Cupcake Pan and fill each with a sweet apple pie filling. Cut the leftover crust in strips to create charming pie lattice tops. Finish with a dusting of sugar.

Client: Love Cooking Company
Project: Love Cooking Company Blog
Role: Blog Content Creator



Music Control App
for Pandora, iTunes, Spotify and Rdio



Saving music in
our schools, one
app download
at a time.

MUSIC CONTROL PARTNERS WITH VH1 SAVE THE MUSIC FOUNDATION

October 8, 2012 // by Shannon Sankey

Tagged: music control, vh1, save the
music, news

As the makers of Music Control, we understand the importance of accessibility when it comes to music. Here in the office, our app makes a wide variety of music available and convenient to us, which has contributed to the productive artistic environment

we work best in. Music is powerful. We think everyone should have access to it, and we're in the business of making that happen.



That's why we're taking it a step further. [VH1 Save The Music Foundation](#) is helping to raise the next generation of musicians and listeners by working to restore music education in public schools. Over 1.8 million kids across the nation have benefitted from this cause. This isn't just helping to fund the empowerment and education of children. This is putting the guitar in the hands of the next Hendrix.

Client: Music Control App + VH1 Save the Music

Project: Music Control + VH1 STM Promo

Role: Project Manager, Content Creator, Social Media Manager

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What's this about?
Building apps and websites in the allure of a new environment.
Burning calories and supporting Pittsburgh's local businesses.
Meeting designers and engineers with similar interests in doing
good, getting outside, and making friends.

We're out to solve problems with innovative solutions, using the
individual skill sets of an improvised team to produce something
original. And to have a good time doing it.

Client: Carney+Co.
Project: Tour De Code
Role: Content Creator

carney+co.

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WE'RE CARNEY +CO.

We're an advertising and design agency based in Greensburg, PA. We love dynamic development, elegant design, and smart strategy. We devote time to passion projects, which sharpen our approach to client work. Our inquisitiveness, patience, and imagination enable us to understand your vision, deliver a solution, and maximize your impact.



Client: Carney+Co.
Project: [Carney.co](#)
Role: Content Creator



Momism #72
"Feet off the coffee table."



Wolf Furniture Company

Page Liked · May 10, 2015 ·

Happy Mother's Day! Love, Wolf's.

Like Comment Share

3 people like this.



Write a comment...

Mattresses



Wolf Furniture Company

Page Liked · April 21, 2015 ·

Here's a bright idea! Our motion-sensitive lights and fluorescent bulbs save enough energy to power 194 average homes for a year. #livegreen

Like Comment Share

3 people like this.



Write a comment...

#2

EARTH DAY TIPS

Install a dimmer switch to save on your electricity bill

Client: Wolf Furniture Company

Project: WolfFurniture.com, Wolf Social Channels, Adwords

Role: Content Creator, Community Manager, Adwords Manager

INVENTING A BETTER FUTURE

Teaching 21st century skills through project-based learning

What students will learn

This course is designed to introduce the critical problem-solving skills and developing technology necessary to compete, adapt, and succeed in the 21st century. Students will engage in a 9-step, multidisciplinary approach to the inventing process.

STEM and STEAM education

Our collaborative, project-based curriculum integrates the fundamentals of STEM and STEAM education with real-world entrepreneurial skills to offer students a practical, dimensional learning experience.

A multidisciplinary approach



Our project-based curriculum is designed to introduce students to the critical entrepreneurial skills needed to succeed in the 21st century. Instruct and assist students through the development of an original product idea utilizing the fundamental principles of STEM education.

Client: Inventionland Institute

Project: InventionlandInstitute.com

(Forthcoming)

Role: Content Creator

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