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# The Sleep Sense Program -- Proven Strategies For Teaching Your Child To Sleep Through The Night



## Synopsis

The Fastest, Easiest & Most Gentle Way To Get YOUR Child Sleeping Through The Night

“Baby won’t sleep? If you’re the parent of a baby (or older child) who isn’t sleeping through the night, you owe it to yourself to check out The Sleep Sense Program by Dana Obleman. First published in 2005, it’s a step-by-step system that over 32,000 parents have trusted to teach their babies and toddlers how to fall asleep on their own... and sleep through the night! The Sleep Sense Program gives you everything you need to solve common sleep problems like: Your child will ONLY fall asleep when nursing or bottle feeding. This is one of the most common causes of sleep problems, and you’ll learn how to fix it quickly! Your child needs a soother or pacifier in order to get to sleep. Of course, whenever that soother falls out, YOU’RE the one who has to go put it back in. You are waking up with your child once, twice, three (or more) times each night. The reason? Your little one needs to learn to fall asleep WITHOUT your help. You’ll learn a few different strategies for solving this. Your child needs to be rocked, bounced, or taken for a car ride in order to nap. Or (even worse) your child seems to REFUSE to take a nap -- despite the fact that he or she seems tired. Your OWN lack of sleep is starting to take a toll on you and your family. Studies prove that infant sleep problems are closely linked to postpartum depression. and much more! What makes The Sleep Sense Program SO Effective? While many other books use a “one-size-fits-all” approach, The Sleep Sense Program shows you the exact method you should use based on two important factors: Your child’s age, and Your child’s personality. For example, the approach a parent of a sensitive 3-month-old should take is VERY different from the one you’d use for a stubborn 2-year-old! More Than Just Getting Your Baby To Sleep At Night Yes, The Sleep Sense Program will teach you how to get your child to fall asleep (and stay asleep) at night, but there’s also special sections on: Sleep issues when travelling Sleep adjustments in case of illness How to make naps longer How to make bedtime stress-free How to create a sleep sanctuary for your child In short, The Sleep Sense Program by Dana Obleman really DOES give you everything you need to get your child sleeping through the night! Compelling Reasons Why You Should Teach Your Baby To Sleep Well: Sleep experts and pediatricians agree that a good night’s sleep is SO important for babies and young children. Consider these statistics: Children who sleep longer have higher IQs. (Sleep Med. 2010 March 11) Children who get at least 10.5 hours of sleep per night are significantly less likely to be obese. (Pediatrics. 2010 Feb 8) Boys who sleep well are at a significantly lower risk for hyperactivity. (Pediatrics. 2009 November 1) Children who sleep well score higher on all kinds of tests, including math and literacy. (SLEEP Abstract #0040 San Antonio, 2010.) Babies who sleep

well at night consistently perform better on tests designed to assess memory, emotional control, and organization. (Child Development. Nov/Dec 2010.)

## Book Information

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## Customer Reviews

I bought this and read it 2 hours before I put my daughter down to sleep. As a first time mom I had no idea if it was going to work. Let me tell you we've been doing this for 1 week now and it works! First night bath, bottle, bed by 7:30pm. She woke once cried for 40 minutes with me and hubs confirting her every 5 minutes. She woke at 4am for her feeding like she had been for a month and went back down until 8:15. Second night ZERO crying and ZERO waking. She went down the same time and woke at 6:30am! Since this has been working we tried napping too. She went from catnapping to 1-3 hour naps 3-4 times a day!! I literally cannot get over this and how proud I am of her. I will recommend this to everyone and will most definitely be using it with our next child. I have a super happy baby now and it's fabulous.

Excellent book, easy to read, and she covers almost every question I had. I was against sleep

training until I came across this book, I wish I would have found it sooner!

This books gives great tips and various approaching to helping your baby/toddler sleep through the night. An easy read that motivates parents... I'm excited to fix our nightly interrupted sleep!

As my son is not gaining weight correctly I have had to take some of these techniques and not do others to ensure he still feeds at night to gain weight. So far so good though!

Perfect book.

My baby started sleeping through the night in 2 days! Great book

It really worked. My baby is sleeping by her self after 3 days. It wasn't too hard and everybody is happy!

Great book and it works!!! My son takes between 2 to 4 hour nap today. And sleeps 12 hours at night.

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