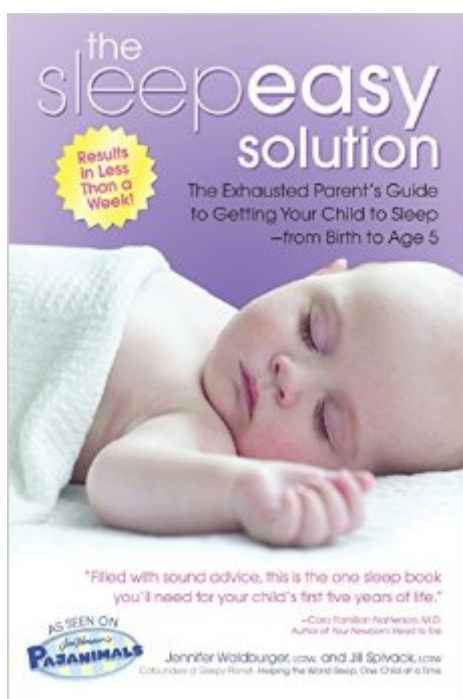


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# The Sleepeasy Solution: The Exhausted Parent's Guide To Getting Your Child To Sleep From Birth To Age 5



## Synopsis

Two experts who are helping Hollywood's A-list babies get their zzz's share the no-fail, family-friendly method that has helped thousands of sleep-deprived moms and dads. Even Hollywood's biggest stars face the same dilemma as other parents do: "How do I get my child to sleep?" As parents in the know are finding, whether they're on the red carpet or the soccer field, the answer is the same: *The Sleepeasy Solution*. Psychotherapists and sleep specialists Jennifer and Jill, the dynamic "girlfriends" all of Hollywood calls on to solve Junior's sleep problems, have perfected their sleep technique that will get any child snoozing in no time—most often in fewer than three nights. The key to their method? It addresses the emotional needs of both the parent and child (yes, how to handle the crying!)—a critical component of why most other sleep methods fail. In this much-needed, family-friendly guide, weary parents will learn to define their own individual sleep goals, those that work for their family's schedule and style. They'll create a customized "sleep planner" to ensure consistency with both parents as well as extended caregivers. (As an added bonus, they'll even improve the readers' relationships with their spouses with the "marriage-saver" section.) With comprehensive sections devoted to each stage of Baby's and Toddler's development, plus solutions to special circumstances like traveling, daylight saving's time, moving to a "big kid bed" and multiples, *The Sleepeasy Solution* is a dream come true! "This approach was truly amazing in helping our family to thrive. . . . We are eternally grateful!"—Ben Stiller and wife, Christine Taylor, actors "With their gentle approach, Sleepeasy gave us the tools we needed to solve our daughter's sleep problems."—Conan O'Brien, host of NBC's *Late Night with Conan O'Brien* "Sleepeasy gave us all the tools we needed to get our baby sleeping through the night. Now when we say good night to our daughter, we know it really will be a good night."—Greg Kinnear, actor

## Book Information

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## Customer Reviews

My 9-month-old daughter had never slept more than 4 hours at a time before we read this book. She would wake up several times a night, sometimes every hour! We tried other methods, but they didn't work. Finally, we decided to try a new method, and after pouring over every book in the parenting section of the bookstore, I decided that this one seemed like the one for me. I liked how the authors were very sensitive to parents who, like myself, were resistant to letting babies cry. We were prepared for the worst, and figured that we would have a terrible week ahead of us, maybe longer. The first night, she fell asleep after 30 minutes and only woke up once during the night. The second night, it took her 17 minutes and she never woke up. Last night (the third night), she fell asleep after 7 minutes and slept for 12 hours straight! We were amazed, and refreshed, since we'd gotten the first full-night of sleep that we've had in 9 months! It also works wonders for naps. We are now like a new family, with a happy, rested baby, and parents who are not exhausted all of the time. By the way, I have never written a review of anything before, so for me to be writing this is a REALLY big deal! Try this if you are a desperate parent, it really does work, and FAST! If it works for our baby, it will work for yours.\*\*\* Note: After posting my review, I noticed that several new reviewers refer to this method as "lazy parenting", and seem to be of the opinion that this method is the worst thing for your baby. This may be true for them, but I just have to respond by saying that my baby is much happier now that we have been doing this method for a week- when I put her down at night, she is smiling, and does not cry at all, but just rolls over and goes to sleep for 12 hours.

This book is an easy, quick read and the program works. I've read several other baby sleep books, both cry and no-cry, and I think this book offers the simplest plan to follow with the least crying possible. It also provides lots of advice for special situations (teething, travel, illness, etc...) If you'd like to hear about my results, keep reading. First, a little about my baby. Our son slept in a co-sleeper until he outgrew it at eight weeks. We moved him to a crib and he routinely slept from 6:30pm to 1am when he woke for a feeding. He would then sleep until four or five am when I would take him into our bed for another feeding a few more hours sleep. When he got to about three and a half months old he started waking every hour or two, every night. At first I thought it was sleep

regression and I hoped it would pass. It didn't, and by the time he was four months old, I was sleeping with my son every night and taking every nap with him during the day. This went on for three and a half months, until we started sleep training last weekend. Second, a little about me. I was DETERMINED not to let my baby cry. I'm an admirer of Dr. Sears and mostly agree with the fundamentals of attachment parenting. I did read Elizabeth Pantley's book and Tracy Hogg's book. I did try both their methods, but my son seemed confused and frustrated by their methods. I had accepted the possibility that I would have to sleep with my baby until he learned to sleep on his own, however long that would take. Then one night I had a realization, my son was crying EVERY night, multiple times per night. The few hours he would sleep in his crib, he would cry just about every hour.

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