



The Natural Baby Sleep Solution: Use Your Child's Internal Sleep Rhythms for Better Nights and Naps

By Polly Moore Ph.D.

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The Natural Baby Sleep Solution: Use Your Child's Internal Sleep Rhythms for Better Nights and Naps By Polly Moore Ph.D.

A simple program for sleep that delivers foolproof results.

Based on the human rest and activity cycle that occurs every hour and a half, here's a kinder, gentler, and better way to put your baby to sleep. The result: truly restful daytime naps (which also give an infant a head start on cognitive development and emotional intelligence) and consistent nighttime sleep—as beneficial for parents as it is for the baby.

In her reassuring voice, Dr. Moore explains how and why the method works for babies aged two weeks to one year, and includes lessons in sleep independence plus solutions to common problems, such as baby waking up too early, baby getting a second wind before bedtime, and baby confusing day and night.

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Editorial Review

Review

“The most novel, natural, and easy approach.” –Mairav Cohen-Zion, Ph.D., Laboratory for Sleep and Behavioral Neuroscience, University of California, San Diego

“Finally, a how-to book on baby sleep from a scientist and a mother. Polly Moore understands the intricacies of infant sleep and is empathetic to the roller-coaster of parenthood.” –Sarah C. Mednick, Ph.D., author of *Take a Nap! Change Your Life*

From the Back Cover

Kinder, Gentler, and It Really Works

Based on the human rest and activity cycle that occurs every hour and a half, here's a scientifically based program for parents to help babies get all the sleep they need, both through the night and during the day. The method is simple, foolproof, and yields long-lasting results: truly restful daytime naps (which also gives an infant a head start on cognitive development and emotional intelligence) and consistent nighttime sleep—as beneficial for parents as it is for the baby.

- For babies aged two weeks to one year
- Lessons in sleep independence and solutions to common problems, such as your baby waking up too early, getting a second wind before bedtime, confusing day and night, and more
- Includes a guided journal for recording your baby's sleep signals and keeping track of naps and bedtimes

About the Author

Polly Moore, Ph.D., received her doctorate in neuroscience from UCLA, where she specialized in sleep research, and is now Director of Sleep Research at California Clinical Trials in San Diego.

Users Review

From reader reviews:

Glenn Flinchum:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a wander, shopping, or went to the actual Mall. How about open or even read a book titled The Natural Baby Sleep Solution: Use Your Child's Internal Sleep Rhythms for Better Nights and Naps? Maybe it is to become best activity for you. You understand beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with its opinion or you have additional opinion?

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Lucille Grant:

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Joan Munoz:

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