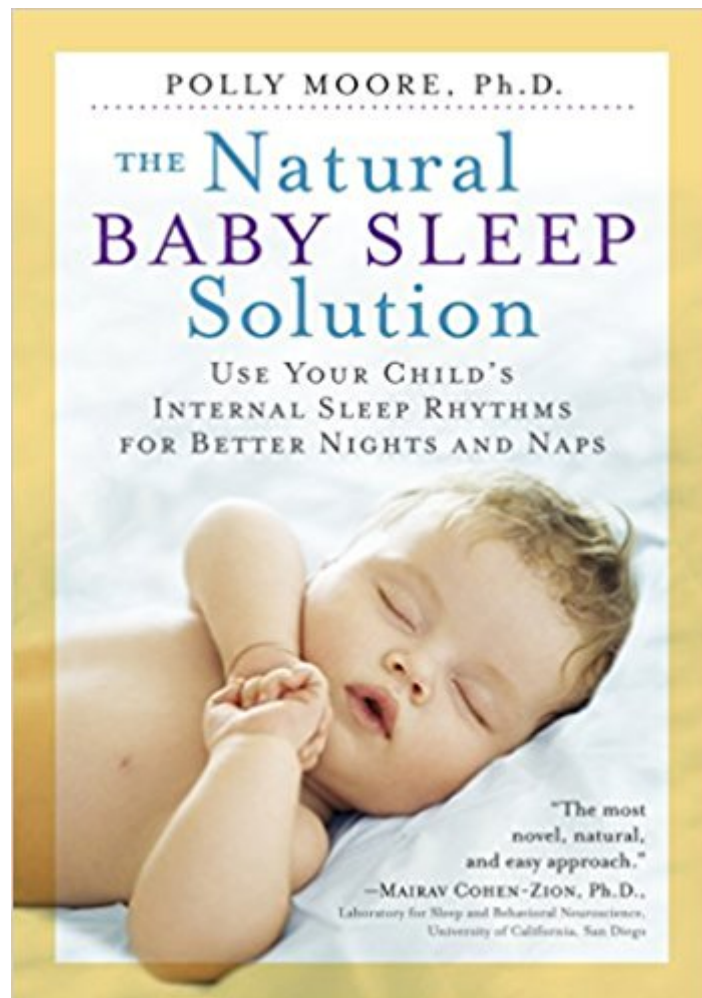




The book was found

# The Natural Baby Sleep Solution: Use Your Child's Internal Sleep Rhythms For Better Nights And Naps



## Synopsis

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.

## Book Information

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## Customer Reviews

“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*

*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.

Our firstborn was our little "anti-sleeper" from day one... as first time parents, we were overwhelmed with how to help our infant son find sleep (and us too!). We read a TON - this was the first book that clicked for me and my husband as a simple approach to give the parents some insight into timing and how to help guide a little one to sleep as far as when to watch for sleep cues. With our second born, we still applied the basic principle and NAPS concept to pick up on when our baby was getting sleepy. It gave us hope with our firstborn when we were lost in way too much information on infants and sleep. We think it is a bit overpriced for the basic concept, but it was helpful to us!

My daughter is quickly approaching her first birthday, and lately I have found myself reflecting back on which books and resources were the most helpful this past year - and the 90-Minute Baby Sleep Program is at the top of the list. My daughter was not a good sleeper those first few months, which caused me a fair amount of anxiety. I discovered this book when she was about 2 1/2 months old, and thank goodness I did. It is what finally helped me to start deciphering her natural sleep rhythms, helping me to know exactly when to put her down to maximize the chances of a decent nap and a good night's sleep. At 11 1/2 months I still use the theories from the book, except now my daughter's wakeful period is a little over three hours rather than 90 minutes - but as long as I pay attention to that timetable, I know exactly when to put her down. The book has the added bonus of being an easy and relatively quick read. Highly recommended!

This book is amazing and really helped me. I am a first time parent so need all the help that I can get. I often thought my baby was hungry but this book helped me realize that he was just tired. As soon as I realized this, we were all much happier. I will be purchasing this for all new moms :)

This book was fantastic! The concept made sense, so I gave it a try and noticed results by the 2nd day. My baby started sleeping better, longer, and was more rested and happy. By the end of the first week, she had gone from hardly sleeping at all during the night, to sleeping for a solid 5-6 hours

(she was 10 weeks old at the time). It changed my life! We've stuck with the program since then and she's done great. She still sleeps really well. This plan is a good fit for breastfeeding and doesn't involve any crying, which I like. I tell everyone about this book and highly recommend it!

Changed our life in one day! Put her methods into practice when Babybabygirl was about 4 months old, still following at 16 months - love it! Makes naps predictable and schedulable, which also helps her sleep through the night!

We have used this book with our 2 kids and they both took to the method very easily. It helped assure my husband and I of good nights of sleep even when the kids were at an early age (3 weeks old). At times, yes, it is tough to stick to the program since it's best to be at home for their naps, but we have also used this method when on the road or out running errands and it works even then. The book itself is very easy to read and the NAPS plan is presented very clearly and is easy to follow. This plan helped us decode our baby's cries and we learned what signals to look for in our baby (note that every baby has different signals) to help them get to sleep at the right time. It has been a sanity saver. I highly recommend this for any new parent!

This book has really helped us figure out the sleep thing. At 3 1/2 months, our son is not on a strict nap schedule yet. Nor is he sleeping through the night. But now that we understand how sleep works for babies his age, we are far less stressed out about it. Now we can help support his natural rhythm and predict what his next moves are. I highly recommend it. Wish I'd read it before he was born so I wasn't banging my head against the wall in the first 2 months.

This worked well for us. Our son was struggling to sleep in his crib after co-sleeping until he was 6 months old. The transition was difficult and we were at a loss on how to get him to sleep in his crib and not wake up ten times a night; possibly an exaggeration but it felt like ten times. Even if we could get him to sleep and place him in his crib he would wake in the middle of the night several times wanting to be rocked back to sleep. We used the principals in the book to teach him to self soothe to sleep; we went with the longer version as the shorter 'cry it out' method did not work on our little guy. It was amazing to have him sleeping in his crib within a week without waking at night. We haven't had as much luck with daytime naps but the same principals do help once they learn to fall asleep on their own. If you have a baby on the way or a baby that won't sleep in their crib, BUY THE BOOK. Worth every penny for your sanity.

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